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# GYNÆCOMASTIA

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*With a Foreword by*

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# CONTENTS

	<i>Page</i>
Dedication - - - - -	4
Foreword - - - - -	5
Preface - - - - -	6
Chapter I Definition - - - - -	7
Chapter II History - - - - -	9
Chapter III Relevant Literature - - - - -	11
Chapter IV Clinical and Laboratory Methods in Gynecomastia - - -	14
Chapter V The Male Breast - - - - -	20
Chapter VI The Causes of Gynecomastia - - - - -	29
Chapter VII Gynecomastia Associated with Physiological States - - -	32
Chapter VIII Gynecomastia Associated with Diseases of the Testis - - -	45
Chapter IX Gynecomastia Associated with Diseases of the Endocrine Glands -	86
Chapter X Gynecomastia Associated with Diseases of the Liver - - -	104
Chapter XI Gynecomastia Associated with Malnutrition - - - - -	113
Chapter XII Drugs as a Cause of Gynecomastia - - - - -	117
Chapter XIII Gynecomastia Associated with Diseases of the Central Nervous System - - - - -	131
Chapter XIV Gynecomastia Associated with Diseases of the Lung - - -	138
Chapter XV Gynecomastia and Heredity - - - - -	142
Chapter XVI The Management and Treatment of Gynecomastia - - -	145
Summary and Conclusions - - - - -	150
Index - - - - -	153

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## FOREWORD

So far as I am aware this is the only book or monograph that has ever been written on gynecomastia, and this is surprising for it is a condition which often "stumps" the clinician. There is for instance considerable disagreement between paediatricians, endocrinologists, physicians and surgeons concerning the management of puberty gynecomastia. Will it disappear spontaneously; how embarrassing is it to the adolescent boy; how neatly can the surgeon deal with it? The association between gynecomastia and Klinefelter's syndrome is of considerable interest, for hyperplasia of the Leydig cells is a characteristic feature. Is the gynecomastia due to oestrogen and is the oestrogen produced by these cells? Perhaps it is in the adult, however, that gynecomastia is especially puzzling. So often it is difficult to explain the cause and to predict the prognosis. It is in this type of case that even the experienced physician flounders and finds himself tempted to give serious consideration to such rarities as feminizing adrenocortical tumours.

Dr Hall has made a valuable contribution by putting this puzzling physical sign in its true perspective. His extensive testicular biopsy studies have emphasized the frequency with which gynecomastia is accompanied by the "Klinefelter" picture of interstitial-cell hyperplasia and tubular hyalinization.

I had the proud privilege of watching this book grow. For some time I had regarded gynecomastia as an endocrine enigma and I challenged Dr Hall to make a contribution to its solution. He chose the subject for his M.D. Thesis and I was well aware of the high standard required for the Sydney M.D. I have been intimately concerned with the preparation of many M.D. Theses, including my own, but I have never seen a project tackled so thoroughly. He was not content only to read the literature. He established personal contact with many of its principal authors. No doubt, as time goes on, the problem of gynecomastia will be completely solved, but when it is I believe this book will be regarded as one of the major contributions to that solution.

P. M. F. BISHOP, D.M., F.R.C.P.

June, 1959

To PROFESSOR LORIMER DODS

*whose stimulating influence was felt during the preparation of this book*

# CHAPTER I

## DEFINITION

A great deal of confusion exists in the literature dealing with gynecomastia; much of this can be attributed to the want of a satisfactory definition of the condition. Some writers have used definitions which refer to the external form of the breast, e.g.:

Gynecomastia may be defined as an affection of the male breast in which the gland tends to assume the size, shape and sometimes the functions of the female breast (Cheate and Cutler<sup>1</sup>)

Apart from the objection that the secretion which may sometimes be expressed from the nipple in cases of gynecomastia has never been shown to possess the chemical and physiological properties of milk, this definition confuses the appearance of an organ (the breast) with the state of a gland (the mammary gland)

Stearns<sup>2</sup> as early as 1895, claimed that the etymology of the word gynecomastia only permitted its use to describe the external form and volume of the breast, and, furthermore, that the histology of the breast in cases of gynecomastia differed considerably from that of the functional breasts of women

On the other hand, Kerner<sup>3</sup> has recently proposed an extended definition of the word gynecomastia, in which he includes a detailed description of the usual histological changes seen in the condition

Gynecomastia is an enlargement of the mammary gland or glands of males due to proliferation of connective tissue dense in the general stroma and often loosely arranged in periductal regions together with variable degrees of multiplication elongation or branching of ducts or of all three without formation of acini accompanied by periductal or more widespread infiltration of lymphocytes plasma cells large mononuclear cells and occasionally eosinophil or neutrophil polymorphonuclear cells or both secretion is frequently present in ducts may be discharged spontaneously or manually expressed but rarely if ever is it true colostrum or milk This definition excludes pseudogynecomastia due to the deposition of fat in the mammary region as well as suppurative or other essentially inflammatory processes granulomatous lesions and neoplasms either benign or malignant

The principal objections to this definition are that it is very cumbersome and that it can only be used after histological study of the breast The same objections apply to the most recent definition of gynecomastia namely that of Wheeler and his colleagues<sup>4</sup>

Webster<sup>5</sup> has suggested a much simpler definition "Gynecomastia is a term applied to enlargement of the breast in males"

The *Concise Oxford Dictionary* defines the word breast as "the milk-secreting organ in women or the corresponding rudiment in men" This allows one to speak of "a breast" in normal men, implying the existence of a rudimentary organ and not merely denoting an area of the body as in the purely literary use of this word Enlargement of such an organ could be judged in three ways (i) By comparison with the opposite breast where the condition is unilateral, (ii) by comparison with the previous dimensions of the breast, and (iii) by comparison with the breasts of normal men

However, one is generally concerned with enlargement of the glandular component of the male breast, as distinct from the deposition of fat in the breast or the occurrence of neoplastic and inflammatory swellings This objection could be eliminated by speaking of true and false gynecomastia Alternatively the word gynecomastia could be reserved for enlargement of the glandular tissue The following definition is therefore suggested "Gynecomastia is a term applied to enlargement of the breast in males due to increase in the glandular component of the organ"



## PREFACE

THIS book was written on the basis of a thesis prepared at Guy's Hospital between 1952 and 1955. The patients whose clinical histories form the subject matter of the text belong to two series, 85 men were studied at Guy's Hospital and a second series of 25 patients have been examined at Sydney Hospital. I am greatly indebted to the numerous physicians and surgeons who have so generously provided clinical and laboratory data concerning their patients and, in some cases, histological preparations. Special thanks are due to Dr Fuller Albright, who provided extensive data concerning two patients, to Dr W. O. Nelson, whose assistance in the interpretation of some of the more difficult testicular biopsies and whose generous encouragement have proved invaluable, and to Dr Charles W. Charny, of Philadelphia, who very kindly provided a series of testicular biopsies of normal boys, without which it would have been impossible to discuss the microscopic appearance of the testis in adolescent patients. Dr Gordon Thomas, of Guy's Hospital, was entirely responsible for the photomicrographs, and for this exacting and time-consuming labour I wish to express my warmest thanks. The Departments of Medical Illustration at Guy's Hospital and Sydney Hospital have kindly provided photographs of patients and biopsies. Dr R. A. Melick has read the text in its various stages and has provided stimulating criticism, which I gratefully acknowledge.

Without the encouragement and assistance of Dr P. M. F. Bishop this book would never have been written, and for his guidance and inspiration I am sincerely grateful. My task has been facilitated throughout by the loyal and friendly support of the publishers.

PETER F. HALL

Macquarie Street,  
Sydney,  
October, 1958

## CHAPTER II

### HISTORY

Gynaecomastia, when well developed, is such an arresting phenomenon that it not only excites medical interest but arouses the curiosity of the layman. Reference is made to the condition in numerous myths and folk lores, in which it is often regarded as a punishment sent by the gods. Herodotus,<sup>1</sup> who lived during the fifth and sixth centuries B.C., gave one of the first descriptions of gynæcomastia, a condition which he encountered among the Scythians, who were considered an effeminate race. Hippocrates<sup>2</sup> mentions gynæcomastia among the same race, but he regarded the condition as a disease of equitation, resulting from excessive horse riding. In support of this view he pointed to the absence of gynæcomastia among the lower classes, who were too poor to buy horses.

Aristotle<sup>3</sup> mentioned gynæcomastia in his history of animals. He described the secretion of "milk" which could be expressed from the breast and claimed to have seen several cases himself. He further stated that when the priests enquired of the God of Lemnos as to the significance of gynæcomastia, they learnt that it was an ominous sign.<sup>3, 4</sup> The teachings of Aristotle were widely disseminated until the time of Galen, who invented the word gynæcomastia, which he defined as "an unnatural increase in the constituent fat of the breasts of men". Galen<sup>5, 6</sup> also wrote about enlargement of the glandular part of the male breast, a condition which he did not call gynæcomastia. He attributed a far-reaching significance to such enlargement.

It was an orthodox belief among the ancients that both sexes had "seed", but Galen was the first to suggest that the seed was the same in the two sexes, being expelled in men and retained in women. He regarded gynæcomastia<sup>6</sup> as being the result of retention of feminizing seed. He appears to have seen gynæcomastia associated with hypogonadism and failure of ejaculation. These views of Galen concerning sex differentiation remained in the literature for centuries.

The first surviving clinical description of gynæcomastia was that of Paulus Ægineta,<sup>7</sup> the last great Byzantine physician, who lived at the end of the sixth and beginning of the seventh century A.D.

At the season of puberty the breasts of females swell up so in like manner those of males also swell to a certain extent but for the most part they subside again. But in some cases however having acquired a beginning, they go on increasing owing to the formation of fat below.

This description of the normal breast development of boys at puberty was overlooked until recent years, when it became apparent that some degree of transient breast development is part of a normal male puberty (Chapter VII). Ægineta goes on to advise surgical treatment in those patients in whom the condition persists. "Wherefore as this deformity has the reproach of effeminacy it is proper to operate upon it". He gives a beautiful and concise description of the operation.

The remarks of Paulus Ægineta passed almost word for word into the writings of Arabic and Moorish authors whose works were read throughout Europe during the Middle Ages.

\* The word gynæcomastia is here used as defined in this book, not as defined by Galen.

Sometimes enlargement due to the deposition of fat is difficult to distinguish from gynæcomastia. Generalized enlargement of fat, even in the presence of fat in this way, include pain and of the areolæ. When secret glandular enlargement is present. Finally, when fat is deposited in the region of the breasts, it is usually recommended that the glandular component of the breasts be lost, the glandular treatment is a necessary

This definition is short and simple and avoids all controversial issues. In addition it enables the term gynæcomastia to be used after a simple clinical examination. At the same time it does not prevent pathologists from using the term, especially since the morbid histology in cases of gynæcomastia is essentially the same, no matter what has caused the condition to develop (see page 22)

In this series of cases, 14 of which were submitted to operation, and in every instance macroscopic and microscopic evidence of glandular hypertrophy was found. Peters and his colleagues<sup>6</sup> also found a very high degree of accuracy in the diagnosis of cases of gynæcomastia as revealed by specimens removed at operation. It would therefore seem that clinical examination is sufficiently accurate to justify the simple definition already given.

Defined in this way, gynæcomastia is not a disease, but a symptom or sign, the causes of which vary from a transient manifestation of puberty to a major disturbance of the general health.

The histological characteristics of gynæcomastia are discussed in a later chapter (page 22). Here it may be pointed out that the exhaustive studies of Menville<sup>6</sup> and Karsner<sup>8</sup> have done much to justify the simple definition to be used throughout this book, in so far as these authors have shown that certain histological features invariably accompany enlargement of the gland, while other features are less constant in their appearance. It has never been shown, however, that a particular histological picture is therefore complicated.

The words gynæcomastism, gynæcomasty and gynæcomazia (gynæcomasia) are sometimes used instead of gynæcomastia. Gynæcomastism is occasionally seen in the American literature, and is an attempt to anglicize the Greek word, but it is not euphonious. Gynæcomasty is seldom used, and is neither Greek nor English. Gynæcomazia is derived from the Greek word *mazos*, which is confined to the Ionic dialect, and is therefore not suited to the medical vocabulary. It is not true, as some have said, that *mazos* refers to the male breast and *mastos* to the female (Liddell and Scott<sup>7</sup>). Gynæcomastia is clearly, therefore, the word of choice, since it is both correct and orthodox.

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## CHAPTER III

### RELEVANT LITERATURE

Since 1930, a number of papers have appeared on the subject of gynecomastia. These contributions form the basis of present-day knowledge of the subject and are therefore separated from the works of purely historical interest reviewed in the last chapter. These papers deal with the subject as a whole, as opposed to a number of papers to be reviewed in later chapters which treat only special aspects of gynecomastia.

In 1930 Kriss<sup>1</sup> published an important paper on the subject of gynecomastia; he gave an exhaustive review of the previous literature from which he gathered information concerning 269 examples of the condition. Kriss stressed the importance of distinguishing gynecomastia from enlargement of the breast due to the accumulation of fat and to the presence of tumours, and also from what he called "mastitis adolescentium". In order to exclude these conditions by definition, Kriss defined gynecomastia in the following terms:

*An enlargement of one or both male breasts occurring at any age and brought about by hyperplasia of the glandular portion of the breast alone or hyperplasia of glandular and muscular tissue combined.*

This definition formed a useful basis for the author's analysis of the cases taken from the literature. This was the first paper to stress the importance of histological changes in the breast.

In discussing the aetiology of gynecomastia, Kriss began by considering such factors as sexual continence (taking us back to Galen's idea of retained seed), trauma and local pressure. He then digressed into a discussion of the two theories of the determination of sex which were widely held at the time, namely: (i) the Herbert-Steinach theory, which attributed every aspect of sex (primary as well as secondary sexual characteristics) to the action of hormones, and (ii) Hallian's theory that sex is genetically determined.

Kriss accepted the second theory, which was hardly surprising because Hallian was his chief. Kriss endeavoured to support Hallian's theory by his own views on the aetiology of gynecomastia. These observations are interesting in view of recent studies which point to disturbances in sex differentiation as a factor in the aetiology of certain types of gynecomastia (page 98).

Kriss stated that castration of male animals did not produce breast development, and from this he concluded that the testes played no important part in the aetiology of gynecomastia.

In 1933 Menville<sup>2</sup> published a paper on gynecomastia which summarized the literature up to that year. The chief value of Menville's paper lies in its splendid account of the histology of the breast in gynecomastia. The author showed that increase in stroma as well as in parenchyma was seen in all cases of gynecomastia. Menville showed that the histological changes seen in gynecomastia resemble those of fibroadenoma of the female breast. He further pointed out that there was no virtue in describing fibroadenoma of the male breast which he showed was merely a further extension of the usual changes found in gynecomastia and was seen in long-standing cases. By his thorough and scientific approach to the histology of the breast in gynecomastia, Menville cut short the use of numerous terms and classifications which threatened to reduce the subject to a state of confusion.

During and after the Renaissance, gynæcomastia received the passing mention afforded to a medical curiosity. For example, in 1669 Charleton<sup>12</sup> described an interesting case of gynæcomastia with secretion from the nipples:

*Vidi enim Januæ Antonin Benzum ex oppido Portus Mauriciæ, annum agentem XXXII; pallidum barba rara, pingui habitu & cuius mamillæ lactis tantum profusebat, ut infantem ferri lactari potuisset, ne solum effluebat, sed impetus ferebatur Miles diu erat, et non lenia tota ista passus incommoda\**

1664, used gynæcomastia was due to the expression e puerperium

During the next 150 years little appears to have been written on the subject of gynæcomastia. For example, a book on diseases of the breast, written by Velpeau,<sup>13</sup> appeared in Paris in 1854, during the last half of the nineteenth century this became a standard textbook on the subject. Velpeau does not mention the word gynæcomastia and devotes only a few pages to diseases of the male breast. However, in 1848 von Basedow<sup>8</sup> mentioned gynæcomastia in describing the disease which bears his name. He referred to the case of a man suffering from a severe degree of thyrotoxicosis who showed gynæcomastia, while women similarly affected showed atrophy of the breasts.

In the first volumes of *Annals of Surgery*, Jonathan Hutcheson<sup>9</sup> published three papers reporting cases of gynæcomastia. One patient was a boy whose mother suffered from acromegaly.

In more recent times (1925) Corda<sup>10</sup> pointed out that testicular atrophy was seen in some cases of cirrhosis of the liver, and in the following year Silvestrini<sup>11</sup> drew attention to an observation he had first made in 1904, namely, that gynæcomastia is sometimes seen in patients suffering from cirrhosis of the liver. The triad of cirrhosis, testicular atrophy, and gynæcomastia is sometimes referred to as the Silvestrini-Corda syndrome. Silvestrini was of the opinion that cirrhosis produced an "endocrine imbalance" which in turn caused gynæcomastia. "Perturbamento dell' equilibrio ormonico che mantiene i caratteri sessuali".

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Mauricius in his 32nd year, much milk flowed forth that urticated out. He had been a eunuch of his life development.

\* Disturbance of the hormonal balance which hampered

relevant literature in the light of his own observations, citing relevant experimental evidence and suggesting a possible mechanism for each group of cases of gynecomastia. However, this segregation of different groups of patients with gynecomastia was not carried to the fullest possible extent, and the author sometimes discusses gynecomastia as a whole when it would have been more appropriate to deal with the condition from an aetiological point of view. For example, Karsner studied the age incidence of gynecomastia by decades, although it would be preferable to separate (for example) those cases associated with liver disease from those associated with puberty. Today more is known about the causative diseases concerned, and it is usual to consider gynecomastia according to the associated aetiological factors.

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Menville also gave a careful review of the occurrence of gynæcomastia during the course of a number of endocrine diseases. After a study of all the recorded examples of gynæcomastia associated with testicular lesions, he concluded that any disturbance of the "endocrine system" could produce gynæcomastia. Unlike Kriss, Menville saw the importance of testicular lesions in the aetiology of gynæcomastia. Beyond this, however, Menville's conception of the aetiology of the condition was lost in speculation on the subject of sex differentiation. He believed that sex differentiation was the result of a balance between male and female factors, and that important causes of gynæcomastia included bisexuality and a lack of "male sexual influence."

It is of course true that sex differentiation is the result of competition between male and female influences, but Menville was not in a position to understand the possible role of these influences in the aetiology of gynæcomastia. He failed to state clearly that gynæcomastia can affect young men in whom no other evidence of "lack of male sexual influence" exists. Moreover, Menville was not to know that synthetic oestrogens were soon to be widely used in medicine and that gynæcomastia could be induced in normal men by these hormones, the breast showing histological appearances identical with those which he described so carefully as typical of gynæcomastia.

Karsner<sup>3</sup> reviewed the literature dealing with gynæcomastia before 1946. In this paper we encounter clinical endocrinology as we know it today. The author found that unilateral gynæcomastia was more common than bilateral, and that the left and right breasts were affected with almost equal frequency. The third decade provided most of his 280 cases, and the majority of patients described a gradual increase in the size of the breasts during a period of several weeks and thereafter no change. One case in ten gave a history of trauma, although this was sometimes as long as three years before the onset of gynæcomastia.

Karsner gave an excellent account of the histology of the breast in gynæcomastia, he distinguished between the stroma of collagenous tissue and the periductal connective tissue, a distinction which he stated was not possible in the normal male breast. The stroma shows great hypertrophy in gynæcomastia, with fibroblasts and inflammatory cells, the whole tissue being loosely arranged as the result of oedema.

In discussing the aetiology of gynæcomastia, Karsner made it clear that the histological changes in the breast were not related to the causal factors involved. In other words, the morbid anatomy is essentially the same, no matter under what circumstances the gynæcomastia appears. He favoured excessive secretion of oestrogen as the fundamental cause of gynæcomastia and stated that both breasts were usually enlarged when the condition resulted from some manifest endocrine disease, although there is often some inequality in the size of the two breasts. Karsner believed that trauma is either coincidental or merely serves to draw attention to an existing swelling of the breast, but does not cause gynæcomastia.

In addition to these clinical and histological observations Karsner made free use of the methods of hormone assay in current use at the time.

Throughout the following discussion emphasis is laid on the importance of assay of hormones or their products. This is with full recognition of the sources of error and the fact that such assays do not necessarily indicate what happens to the hormones in the body. Yet these assays are the nearest objective approach to the problem.

This statement gives some indication of the progress made by endocrinology in the thirteen years which separate the papers of Menville and Karsner. Consistent with this enlightened attitude Karsner remains cautious in applying animal experiments to man. For example he was able to see that, although androgens cause proliferation of the mammary glands of experimental animals, there is little evidence to show that they have the same effect in man.

This approach to the problem enabled Karsner to see that gynæcomastia arose from a number of different causes, and these he dealt with in turn reviewing the

relevant literature in the light of his own observations, citing relevant experimental evidence and suggesting a possible mechanism for each group of cases of gynecomastia. However, this segregation of different groups of patients with gynecomastia was not carried to the fullest possible extent, and the author sometimes discusses gynecomastia as a whole when it would have been more appropriate to deal with the condition from an etiological point of view. For example, Karsner studied the age incidence of gynecomastia by decades, although it would be preferable to separate (for example) those cases associated with liver disease from those associated with puberty. Today more is known about the causative diseases concerned, and it is usual to consider gynecomastia according to the associated etiological factors.

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## CHAPTER IV

### CLINICAL AND LABORATORY METHODS IN GYNÆCOMASTIA

#### CLINICAL METHODS

##### HISTORY

It goes without saying that a thorough history is the first requirement for the investigation of a patient suffering from gynæcomastia. In particular, certain points deserve special emphasis.

*Gynæcomastia*—The onset and evolution of breast development, together with the presence or absence of pain and secretion, are important.

*Puberty*—The age of onset of puberty and the timing of the individual events which go to make up puberty are of special interest (i.e., age at which pubic and axillary hair appeared, shaving first became necessary, breaking of the voice, erections and emissions first occurred, etc.).

*Sexual Function*—It is necessary to obtain some measure of sexual function following the onset of puberty, e.g. libido, erections, emissions and fertility.

*Past Health*—Some clue to the cause of gynæcomastia can occasionally be found in the previous medical history. The following conditions are especially relevant:

- (1) Jaundice and liver disease
- (2) Mumps
- (3) Traumatic lesions of the breasts or testes
- (4) Addison's disease
- (5) Thyrotoxicosis
- (6) Prostatectomy
- (7) Tuberculosis
- (8) Syphilis
- (9) Leprosy
- (10) The use of or exposure to the following drugs: (i) oestrogens, (ii) androgens, (iii) chorionic gonadotrophin, (iv) deoxycorticosterone or adrenocortical extract, (v) digitals, (vi) deep-ray therapy, (vii) radioactive isotopes, (viii) liver poisons
- (11) Undescended testes
- (12) Malnutrition

*Family History*—Gynæcomastia sometimes appears to run in families.

##### PHYSICAL EXAMINATION

In addition to the usual physical examination, certain points are especially important:

##### *Breasts*

*Appearance*—The size, shape and symmetry of the breasts are recorded.

*Nipples*—The size, shape, symmetry and presence of pigmentation are noted.

*Glandular Tissue*—The presence, extent and tenderness of glandular tissue as well as evidence of extraneous lumps are important.

*Fat*—The amount and distribution of body fat in general and the presence of fat in the vicinity of the breasts in particular should be recorded.

*Secretion*—An attempt can be made to express secretion from the breast by gentle manipulation.

The size of the breasts is important for purposes of subsequent comparison. Most attempts to measure the chest wall have proved fruitless so far as providing a record of the size of the breasts is concerned (especially in dealing with growing boys).



FIGURE 1

female breast

A rough measure of the extent of gynecomastia in a given individual can be obtained by means of a photograph. An oblique view of the chest is taken, and this will serve for the purpose of comparison with subsequent photographs to indicate changes in

the severity of the condition (Figure 1) Enlargement of the breasts which is quite obvious on clinical examination but which is scarcely evident in an oblique view of the chest is described as being of Grade I severity Grade III includes patients whose breasts are comparable in size with those of adolescent girls Grade II severity refers to those breasts which are obviously enlarged in a photograph of an oblique view of the chest but which fail to reach the size of those of Grade III (Figure 1). This classification is necessarily very crude, but it gives some measure by means of which one patient can be compared with another.

The examination of the breast should be conducted with the patient first lying down, then standing Palpation is best performed against the contracted pectoral muscle by asking the patient to put his hands on his hips. The breasts should be handled gently because they are frequently tender. Occasionally lymph glands can be palpated in the axilla in patients suffering from gynæcomastia

The most important disease of the male breast to be distinguished from gynæcomastia is carcinoma Usually this distinction is possible on clinical examination

sometimes encountered, suggestive of malignant concentric in relation to of cases

### Body Measurements

The height and weight of patients should be measured; the height enables the rate of growth of adolescents to be estimated and by comparison with the span assists in defining eunuchoidism (page 18) The span is measured from the tip of one middle finger to that of the other, with both arms outstretched. The upper segment of the body (U S) is measured from vertex to pubic symphysis, and the lower segment (L S) from the symphy to the floor When the span exceeds the height by more than two inches, and when the lower segment (L S) exceeds the upper (U S) by more than one inch in patients over the age of 14 years, in the absence of arachnodactyly, the stature may be described as eunuchoid This conclusion can be checked by reference to tables in which span, U S and L S measurements are given for various heights, weights and ages<sup>1</sup>

### Genital Organs

The genital organs are examined in the usual way Unfortunately, measurements

### Secondary Sexual Characteristics

Secondary sexual characteristics can be examined and conveniently recorded as follows

- (a) Hair —(i) Head temporal recession of the hair-line and baldness (ii) Face some estimate of the frequency of shaving and the distribution and texture of facial hair (iii) Pubes amount and distribution (iv) Axilla amount and distribution (v) Body hair amount and distribution (vi) Limb hair amount and distribution

(b) Voice Broken or unbroken

(c) Prostate A rough estimate of the size of the prostate gland can be made by comparison with the size of the normal adult gland

## SPECIAL INVESTIGATIONS

*Hormone Assays*

(a) *17-Ketosteroid Estimation*—Throughout this book estimation of 17-ketosteroid excretion refers to 17-ketosteroids excreted in the urine of adult men of 4 to 20 mg from the figures of Robins.

(b) *Urinary Gonadotrophins*—Urinary gonadotrophins were measured by the method of Klinefelter, Albright and Griswold,<sup>8</sup> using immature female mice and expressing the result in mouse units. In a series of 100 normal men whose urinary gonadotrophins were studied at Guy's Hospital, the values fell within the normal range of  $>6 < 32$  mouse units.

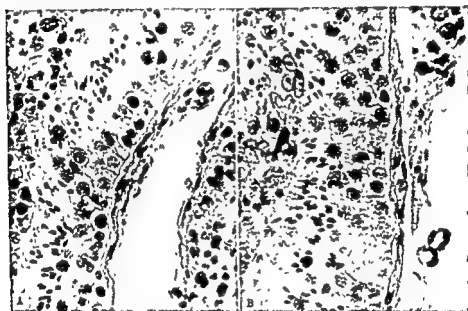


FIGURE 2

The normal adult male testis. A specimen obtained by means of biopsy from a man, aged 33 years, who complained of psychogenic impotence. (A) Shows normal spermatogenesis. Meiotic figures are seen in spermatocytes and Sertoli cells are seen between the germinal cells. (B) Shows spermatogenesis and a nest of Leydig cells.

(c) *Urinary Œstrogens*—Unless otherwise stated, urinary Œstrogens were measured by a chemical method performed at University College Hospital under the direction of Dr G. I. M. Swyer. The method (a modification of that described by Brown) is described in detail by Braunsberg and her colleagues<sup>7, 8, 9, 10, 11</sup>. The range for normal males is discussed in Chapter VII.

*Examination of Semen*

The chief interest in the examination of semen in cases of gynæcomastia lies in the detection of azoospermia in Klinefelter's syndrome and prepubertal testicular failure. The volume of the ejaculate and the number of sperms per millilitre are given, and the motility is graded from 0 to 4 (4 means that more than 80% of sperms are motile).

### *Testicular Biopsy*

The most satisfactory method of testicular biopsy is that described by Simmons<sup>12</sup> and by Charny<sup>13</sup>. The most important precaution is to avoid the epididymis, which in most cases is not difficult if its presence is kept in mind. The histology of the tubules and their contents is of particular importance in patients suffering from gynæcomastia. Some quantitative estimation of the amount of Leydig cell tissue

method relates the number of Leydig cells to the number of tubules and is based upon counts of the number of these cells related to 100 tubules\*. The method is easily mastered, and counts performed on one biopsy by different observers are in close agreement. It remains, however, to establish the relationship between the number of Leydig cells and their functional capacity.

### DEFINITIONS

The three words hypogonadism, infantilism and eunuchoidism are loosely applied in the literature of endocrinology at the present time, and different authors use these words to denote different entities. Throughout this book these words are defined in the following terms.

Hypogonadism may be defined as a condition of failure, partial or complete, of the endocrine or germinal functions of the gonads, or failure of both. This definition implies that the failure is bilateral. In the male, hypogonadism is sometimes referred to as testicular failure.

The word infantilism, unqualified, is not used in this book, and sexual infantilism is defined as the persistence of the prepubertal condition of the genital organs (other than the gonads) and the failure of development of secondary sexual characteristics in adults. An adult will be defined for this purpose as an individual over the age of 18 years. It should be noticed that sexual infantilism defined in this way takes no account of stature. The state of the gonads is excluded from the definition, because in cases of sexual infantilism this may not be that of the normal prepubertal gonad.

Eunuchoidism may be defined as a bodily configuration in which, after the age of 14 years, the span exceeds the height by more than two inches and/or the lower segment exceeds the upper by more than one inch. The terms "span" and "upper segment" have been defined above (page 16). This definition does not take into

account the fact that the word "eunuchoid" in the word "eunuchoidism" bears little relation to the term "eunuch". The term "eunuchoidism" or "eunuchoid stature" is a useful way of referring to the physique of individuals in whom growth of the limbs is excessive because it has continued beyond the stage at which the epiphyses fuse in normal individuals. This can occur in hypogonadism of gonadal or of pituitary origin. Sometimes such a stature is encountered in individuals with no endocrine abnormalities, e.g. in cases of arachnodactyly. Here the context will indicate the nature of the condition.

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## CHAPTER V

### THE MALE BREAST

#### ANATOMY

Except in obese subjects, the male breast is so poorly developed as to remain invisible to inspection of the chest wall, and the only evidence of glandular tissue consists of a few minute nodules which can be felt as irregularities by the examining fingers as the areola is moved across the chest wall. When masses of fat cause the loose subcutaneous tissue of the chest wall to fill out in imitation of the female breast, no glandular tissue can be felt beyond the margin of the areola. This accumulation of fat is usually seen in the presence of well-marked generalized obesity and is seldom a purely local phenomenon.

When the glandular component of the male breast does enlarge, it is separated from the overlying skin (except in the region of the areola) by a layer of adipose tissue, as in the female. The mammary tissue, however, is not encapsulated, and some of this can be felt directly beneath the skin. Even in the presence of considerable amounts of fat it is generally possible to feel the glandular component of the breast when this is enlarged.

#### EMBRYOLOGY

Between the third and fourth months, the basal cells surrounding the primitive nipple form a series of down-growing sprouts, which gradually invade the underlying tissue and are canalized to form milk channels.

In the final stage of embryonic mammary development, the milk ducts form a series of branching channels with a definite lumen lined by two or three layers of cells. The nipple gradually everts as the result of subepidermal connective tissue proliferation. The lobular buds, from which clusters of alveoli form (in the female) after sexual maturity, do not develop until puberty.<sup>1, 2</sup>

After birth, epithelial activity continues for a few weeks, and then in the male nipple, together with some secretion, is said to occur in 10% of infants. At this time, the areola is said to be about the size of the tip of the thumb.

epithelium with desquamation of lining cells occurs. The lumen of the ducts becomes closed, and the periductal connective tissue is seen to be hyalinized. These changes are seen in normal infants of either sex.

#### PUBERTY

At the time of puberty about 70% of boys show a palpable button-like node, the "puberty node", beneath the nipple. Jung and Shaffton<sup>4</sup> refer to this structure as the "subareolar node". The terms "puberty mastitis" and "adolescent mastitis" imply something more than physiological activity, and are therefore less desirable.

This awakening of the male breast is seen under the micro-cope to produce changes like those found after birth. The tubules dilate and increase in length, and the periductal tissue becomes more vascular, the ends of the terminal tubules the alveoli which later develop in the female.

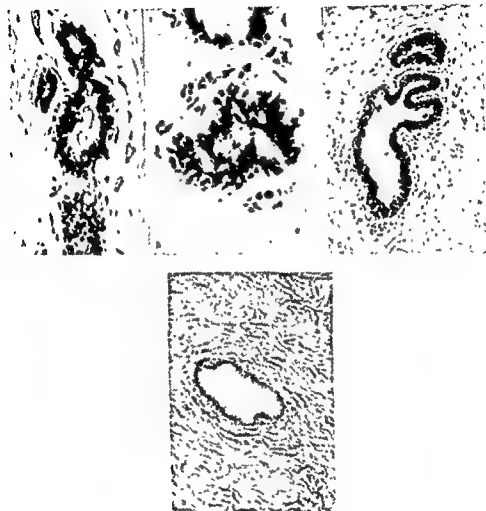


FIGURE 3

(A) Essential gynecomastia (B) Prepubertal testicular failure (C) Klinefelter's syndrome

Between the ages of 16 and 17 years, involutional changes occur which involve collapse of the tubules, condensation of connective tissue and a diminution in size of the epithelial cells. The male breast has now run its full life span, and gradually sclerosis of the stroma, with obliteration of the ducts and vessels, sets in.<sup>2</sup>



## THE BREAST IN GYNÆCOMASTIA

The breast in cases of gynæcomastia shows histological evidence of stimulation and closely resembles the mammary tissue of girls at the time of puberty.

## MACROSCOPIC

When the breast is removed at operation in cases of gynæcomastia, it resembles the female breast at puberty in its gross appearance. Sometimes it has a firm, discrete, nodular character, which some observers have called fibroadenoma, on the grounds that in certain cases the tissue is encapsulated.<sup>5</sup> This encapsulated form of the male breast is seen in those patients in whom gynæcomastia has been of long duration and calls for no special terminology, the use of the term fibroadenoma in this context is misleading and superfluous.

## MICROSCOPIC

Briefly, the picture is one of growth of mammary ducts and of periductal stroma, but lobule formation is absent. Proliferation of duct epithelium occurs together with some desquamation of cells into the lumen. Small projections of epithelium into the lumen may occur, and in some instances the ducts are dilated and full of secretion.<sup>2, 4, 7</sup>

Around the ducts there is an increase in connective tissue, infiltrated by wandering cells. Sometimes the subcutaneous sweat glands undergo hypertrophy. The picture is often indistinguishable from the early development of the normal female breast at puberty.<sup>2, 5, 6</sup> Mitoses are sometimes seen in the periductal connective tissue cells, and lymphocytic and plasma cell infiltration with a few eosinophil cells may occur in this tissue.

Menville<sup>6</sup> has followed the changes in the microscopic features of gynæcomastia in long-standing cases. After one year changes are seen which resemble fibroadenomatous hypertrophy in women. Menville produced convincing evidence that this appearance is a further extension of hyperplasia and not a separate pathological entity.

gushes the stroma from the periductal connective tissue. The stroma of gynæcomastia differs from that of the normal male breast only in amount. The periductal tissue, however, is loosely arranged and is infiltrated with lymphocytes, plasma cells and mononuclear cells. This distinction is not possible in the normal male breast.

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are stimulated  
mastia may be

so extensive that they push their way into the lumina of the ducts.

All observers seem to agree that the female breast does not appear to produce considerable quantities of "witches milk." This secretion may mean that alveoli are present, because gynæcomastia occurring at puberty may be associated with some secretion, but acini are not to be found histologically.<sup>8</sup> So far there have been few reports of the microscopic appearance of the breast in neonatal gynæcomastia, but in general they are said to resemble miniature lactating glands.<sup>9</sup>

Although differences in microscopical features are noticed between one case and another, and even within one specimen, these differences are of minor importance. As yet there is no evidence to show that histological differences are consistently associated with different causal factors. Furthermore, elaborate classifications of histological features of the breast in gynæcomastia have not increased our understanding of the ætiology or pathogenesis of the condition and are best avoided, because they are tedious and confusing. In the pages which follow, reference will be made to the typical microscopical appearance of the breast in gynæcomastia. This should be taken to mean that the changes already described are present—i.e. (a) increase in length and branching of ducts; (b) epithelial hyperplasia; (c) increase in stroma and in periductal connective tissue; and (d) invasion of the stroma by inflammatory cells.

These figures serve to emphasize the fact that the appearances are not specific for any one type of gynæcomastia

### THE ACTION OF HORMONES ON THE BREAST

Until more is known of the endocrine control of mammary function in man under normal conditions, our knowledge of this subject will be based upon conclusions drawn from experiments in which individual hormones are administered to animals and the response of the breast is studied. Some of these experiments are relevant to the ætiology of gynæcomastia.

#### ŒSTROGENS

The action of œstrogens upon the breast varies from species to species. The chief difference lies in the capacity of these hormones to induce alveolar development. Three types of response to œstrogens are encountered in animals<sup>9, 10, 11</sup>. (i) that in

(dog)  
Man appears to belong to the first group, although detailed studies have not been undertaken

(c) Periductal connective tissue increases, becomes more vascular, and is invaded by lymphocytes and polymorphonuclear cells (d) Lobule formation does not occur, although sometimes the ends of the ducts become dilated, forming the so-called lobule buds

These changes are reflected by an increase in the overall size of the breasts.

The breasts may be stimulated in this way both in man and animals by natural and synthetic œstrogens, which appear to produce the same effects both by local munction and by oral administration. In the case of locally applied ointments one breast alone is affected, unless the ointment is very strong and is applied frequently, in which case both breasts enlarge—presumably because sufficient hormone has been absorbed into the bloodstream to affect the other breast<sup>12</sup>

In certain species very large doses of œstrogen appear to stimulate the development of alveoli. It is generally believed that alveoli in the breasts of women do not owe their formation to œstrogens

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breast  
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Karsner<sup>4</sup> pointed out that too little attention is generally given to the alterations of the stroma. In fact, the enlargement of the breast is due not so much to proliferation of connective tissue, as a rule, contribute very much to it. It distinguishes the stroma from the periductal connective tissue. The stroma of gynæcomastia differs from that of the normal male breast only in amount. The periductal tissue, however, is loosely arranged and is infiltrated with lymphocytes, plasma cells and mononuclear cells. This distinction is not possible in the normal male breast.

Epithelial hyperplasia leads to an increase in the number of layers of cells lining the ducts up to five or six deep. Budding of the ducts is sometimes seen—either as narrow branching structures or as spherical projections from the duct or its branched prolongations (Figure 3). Karnauchow<sup>44</sup> has recently shown that the myoepithelial cells within the ducts are stimulated in gynæcomastia may be

so extensive that they push their way into the lumina of the ducts.

All observers seem to agree that the female breast do not appear to be the same as the male breast.

It is not clear whether the secretion of the ducts is due to the stimulation of the myoepithelial cells or to the stimulation of the epithelial cells. The secretion may be associated with some secretion, but acini are not to be found histologically.<sup>8</sup> So far there have been few reports of the microscopic appearance of the breast in neonatal gynæcomastia, but in general they are said to resemble miniature lactating glands.<sup>8</sup>

in the presence of oestrone. Androsterone does not cause mammary growth in mice, but 17-methyl testosterone causes alveolar development in this species and duct growth in the male guinea-pig.<sup>1</sup>

Enough has been said to indicate that differences in the response of the breast to androgens, as between one species and another and between one androgen and another, are so great that no simple general statement can be made. The importance of this point lies in the fact that gynecomastia has sometimes been attributed to the action of androgens. However, in the monkey, the animal whose breast tissue is thought most closely to resemble that of man, stimulation of the ducts does not occur, but instead a characteristic heaping up of duct epithelium is seen,<sup>1</sup> and this change is not found in the breast in cases of gynecomastia.<sup>2, 3</sup>

### HORMONES OF THE ADENOHYPOPHYSIS

Recent experimental data make it unnecessary to postulate the existence of mammogen typical of physectom

prolactin, ACTH and growth hormone<sup>19, 20, 21</sup>. Changes in the relative doses of these hormones will produce lactation. With these results obtained by using known hormones, it is tempting to envisage the control of mammary gland activity as proceeding without the aid of hypothetical hormones. In these experiments ACTH is used to restore the physiology of the hypophysectomized animal to normal, but growth hormone appears to exert some specific effect upon breast development. It is true that the purity of present-day preparations of prolactin, ACTH and growth hormone may be suspect. However, these hormones conform to certain chemical

The mammary growth-promoting actions of oestrogen and progesterone are abolished by hypophysectomy but restored by the concomitant administration of insulin.<sup>22</sup> This observation accords well with the fact that growth hormone and

of oestrogens and progesterone from the ovary, and by way of prolactin, which stimulates the development of alveoli and promotes the function of lactation. There is no evidence to suggest that prolactin plays an important part in the aetiology of gynecomastia, and the significance of prolactin in the male is uncertain. It is

of growth hormone in normal breast function awaits further elucidation.

### CHORIONIC GONADOTROPHIN

The action of chorionic gonadotrophin in men has been studied in detail by Maddock and Nelson.<sup>23</sup> Nine men were treated by injection. Of these, five complained of a decline in sexual potency which was not absolute, normal adult sexual development being present, two suffered from hypogonadotrophic hypogonadism (see page 46), one was a recent traumatic castrate, and one had Addison's disease.

The effects seen in the five patients who complained of some decline in potency may be summarized as follows: (i) increase in the urinary excretion of oestrogen, (ii) increase in 17-ketosteroid excretion, (iii) changes in testicular histology.

It would seem that, in the absence of the pituitary gland, œstrogens either do not stimulate the breast or produce only a partial response. In the presence of even minute remnants of anterior pituitary, however, œstrogens appear to produce their full effect<sup>13, 14, 15, 16, 17</sup>. Malnutrition increases the threshold of œstrogenic stimulation of the breast.<sup>18</sup>

The changes produced by œstrogen are almost identical with those of gynæcomastia. Geschickter described the same response in men receiving œstrogen produced by the injection of 500 rat units of œstrin daily for ten days.

Further support for the role of œstrogens in the ætiology of gynæcomastia has emerged from histochemical studies of the breast in this condition. Fisher and Creed<sup>40</sup> found abnormal quantities of hyaluronic acid in the stroma of enlarged male breasts. Ihnen and Perez-Tamayo<sup>41</sup> made similar observations in the case of fibroadenoma in the female, and it has been shown that the administration of œstrogens causes an increase in the content of hyaluronic acid in the connective tissue of those structures which are especially sensitive to œstrogens, e.g., the breast, the sexual skin of the monkey,<sup>42</sup> and the rooster's comb.<sup>43</sup>

#### ANDROGENS

Under certain conditions androgens are capable of stimulating the breast. Astwood and Geschickter<sup>29</sup> studied the effect of androgens upon the breast in rats and reported the following findings:

1 Until the rat is six weeks old, breast development is identical in males and females, normal and castrate. In fact, in each case the breast weight increases in proportion to the body weight.

2 After the sixth week in females, increase occurs in length and diameter of the ducts. Twigs develop along the course of the ducts. Thereafter the breast undergoes cyclical changes. The duct lumen increases and the twigs also enlarge during pro-œstrus and di-œstrus, after œstrus, regression takes place. Pregnancy brings about the first appearance of lobules and alveoli.

3 After the sixth week in males, dense clusters of alveoli are seen along the sides and around the ends of the ducts. No further increase in size and number of ducts occurs.

œstrone will bring about the appearance of adult female breasts in sexually immature rats of either sex. Testosterone will cause alveolar development but does not affect the length and size of the ducts—i.e. it produces the type of breast seen in the adult male, when injected into immature rats of either sex.

There appears to be a considerable difference between the response shown by different species to androgens. Van Wagenen and Folley,<sup>30</sup> using monkeys, found very little macroscopic duct development with testosterone but a characteristic heaping up of duct epithelium. In man, no reports have appeared concerning the action of androgens upon the male breast, and the response seen in the monkey may not be the same as that seen in man. Klinefelter has reported the occurrence of gynæcomastia in a man during androgen therapy. In a personal communication Dr Klinefelter stated that the histological appearance of the breasts, which were removed at operation, was essentially the same as that seen in other forms of gynæcomastia.

Again, the conversion of androgens to œstrogens in the body is now an accepted metabolic reaction in man,<sup>37, 38, 39</sup> so that the action of androgens upon the breast may be complicated by conversion of these hormones to œstrogens. Dehydroepiandrosterone causes duct growth in the mouse, but causes alveolar development

ectomized-ovariectomized animals were treated with hydrocortisone and oestrogen, or when ovariectomized animals were treated with ACTH and oestrogen. Selye believes that his results may help to explain the occasional example of the sudden onset of lactation following exposure to acute stress

### THYROID

Evidence is lacking that thyroid hormone is necessary for the growth of the

### CONCLUSION

It is apparent that much remains to be learnt about the action of hormones on the human breast. It seems likely that oestrogens are responsible for duct development and for increase in stroma, while progesterone causes alveolar development, and prolactin supplies the further stimulation required for lactation. As in

of androgenic activity. So far it has not been possible to obtain such proof, and animal experiments make it seem probable that the microscopic changes seen in

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(a) evidence of Leydig cell stimulation, (b) signs of seminiferous tubule damage; (iv) gynæcomastia (in two cases).

Increase in oestrogen excretion began during the 24 hours following the first injection and reached levels of more than four times the amount excreted before treatment. A rapid fall was noticed within the 24 hours following the last injection.

The 17-ketosteroid excretion also increased during the course of treatment, but varied considerably in relation to previous levels and in comparison with oestrogen excretion.

The Leydig cells were smaller and darker than normal and increased in number. They showed more granules and more lipid droplets, although the size of the latter was diminished. The tubules were small and showed necrosis of the germ cells, cessation of spermatogenesis and peritubular fibrosis. The Sertoli cells appeared to be normal. Sperm counts fell during treatment and returned to normal after injections were stopped. In the two cases showing gynæcomastia, tenderness of the breasts was a feature, and the size of the swellings was between 3 and 5 cm in diameter.

The two cases of hypogonadism showed a rise in 17-ketosteroid and oestrogen excretion. The castrate showed no increase in the excretion of 17-ketosteroids or oestrogens, while the patient with Addison's disease showed a rise in the excretion of both 17-ketosteroids and oestrogens.

These studies suggest that chorionic gonadotrophin affects the breasts indirectly.

These studies suggest that chorionic gonadotrophin affects the breasts indirectly. This hormone is the major source of the patient's oestrogen. The histological changes suggest that the source of the oestrogen is the Leydig cells of the testes.

This paper provides the best evidence so far available in man that the Leydig cells represent the major source of testicular oestrogens. Chorionic gonadotrophin exerts an effect upon the Leydig cells which resembles that of interstitial cell-stimulating hormone. The importance of these observations will be seen in Chapter VIII, where it will be argued that gynæcomastia may result from excessive stimulation of the Leydig cells, which produce, as the result of this stimulation, excessive quantities of oestrogen.

### PROGESTERONE

Progesterone stimulates the formation of lobules and of alveoli in females after puberty, and in this way prepares the breast for its definitive role in lactation. Progesterone probably plays no part in the behaviour of the normal male breast, and so far there is no evidence to incriminate this hormone in the production of gynæcomastia.<sup>2</sup>

### ADRENOCORTICAL HORMONES

Studies of breast development in adrenalectomized animals have so far failed to establish an essential role for the adrenal cortex in the normal development of mammary tissue. Variable results have been reported from experiments involving the administration of cortical hormones. Some workers report growth of ducts under the influence of corticosterone in the monkey and in the guinea-pig, while others report no effect. Deoxy-corticosterone exerts little effect in promoting duct development in spayed animals.<sup>1, 32, 33, 34</sup>

Results with cortisone and hydrocortisone are frankly contradictory. Some workers have described inhibition of duct growth by cortisone,<sup>35</sup> while Selye<sup>36</sup> reported considerable mammary gland stimulation with secretion when adrenal-

## CHAPTER VI

### THE CAUSES OF GYNÆCOMASTIA

It has already been stated caused by a number of diseases, those cases of gynæcomastia re. is available to establish the true nature of the underlying condition and its relationship to the gynæcomastia.

#### 1. Gynæcomastia associated with physiological states

- (a) Neonatal gynæcomastia.
- (b) Essential gynæcomastia
- (c) Involutional gynæcomastia

#### 2. Gynæcomastia due to underlying disease.

##### A Diseases of the endocrine glands

##### I. Diseases of the testes.

- (a) Prepubertal testicular failure
- (b) Klinefelter's syndrome
- (c) Leprosy
- (d) Mumps
- (e) Orchitis of unknown ætiology.
- (f) Tumours: Teratoma  
Chorionepithelioma  
Seminoma  
Interstitial cell tumour  
Sertoli cell tumour.
- (g) Radiation
- (h) Undescended testes
- (i) Castration
- (j) Trauma
- (k) Unilateral testicular lesions: Varicocele, atrophy of unknown ætiology

##### II Diseases of the adrenal cortex

- (a) Tumour
- (b) Hyperplasia
- (c) Stress

##### III Diseases of the thyroid gland

- (a) Hyperthyroidism
- (b) Hypothyroidism

##### IV Diseases of the pituitary gland

- (a) Acromegaly
- (b) Chromophobe adenoma
- (c) Hypopituitarism

##### V Disorders of sex.

- (a) Hermaphroditism: True  
False.
- (b) Transvestism



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## VI. Miscellaneous.

- (a) Following prostatectomy.
- (b) Albright's syndrome.
- (c) Diabetes mellitus
- (d) Cushing's syndrome

## B Diseases of the liver

- I Cirrhosis
- II Hepatitis
- III. Carcinoma
- IV Hæmochromatosis.

## C Diseases of the alimentary canal

Ulcerative colitis

## D Malnutrition and renutrition.

## E Diseases of the central nervous system.

- I Traumatic paraplegia
- II Friedreich's ataxia.
- III Syringomyelia
- IV Dystrophia myotonica

## F Pulmonary disease

- I Bronchogenic carcinoma
- II Tuberculosis
- III Bronchiectasis
- IV Empyema

## G Drugs

Œstrogens  
Androgens  
Chorionic gonadotrophin  
Adrenocortical hormones  
Digitalis  
Radioactive iodine  
Amphetamine

In the pages which follow, an attempt is made to analyse the data of recorded cases of gynæcomastia arising in association with these various diseases. In some of the diseases in the above list (e.g. bronchiectasis) it will be argued that insufficient evidence has so far been presented to establish the association of gynæcomastia and the disease in question as anything more than coincidental. Unless the onset and

gynæcomastia are so poorly documented in this respect that the simultaneous occurrence of the two conditions must be regarded, for the present, as fortuitous. On the other hand, cases of bronchogenic carcinoma have been described in which the onset was marked by gynæcomastia, and the latter has disappeared within a few days of operative removal of the affected lung.

In most of the diseases which cause gynæcomastia, this symptom affects only a small proportion of those who suffer the causative disease. For example, a number of cases have been reported among those suffering from traumatic cerebral, and no correlation of cases of bronchogenic

form of stimulation are more likely to show breast development when exposed to a second stimulus of a different nature? Are boys who show gynæcomastia at puberty more likely to develop this symptom if they later suffer traumatic paraplegia or bronchogenic carcinoma? So far the data required to answer such questions are not available.

...s symptom disappears when or responds to treatment; breast requires continuous other occasions the cause of l yet gynæcomastia persists, explained by reference to the s of response are encountered. mod of administration of the oestrogens, and the breasts return to normal when treatment stops. When larger doses are used or treatment is continued for longer periods, the gynæcomastia persists in varying degrees for varying periods after the drug is withheld; in some cases a slight degree of breast development persists indefinitely. Presumably the response is dependent upon a number of factors, including the nature and intensity of the stimulating agent, the duration of stimulation, the age of the patient when first exposed to stimulation, and the sensitivity of a given breast to a given stimulus

## CHAPTER VII

### GYNÆCOMASTIA ASSOCIATED WITH PHYSIOLOGICAL STATES

#### NEONATAL GYNÆCOMASTIA

Microscopic evidence of stimulation is found in the normal neonatal breast and persists for as long as six months. Thereafter shrinkage of duct epithelium and desquamation of lining cells occur. Neonatal gynæcomastia commonly disappears within two weeks, but in exceptional cases it may persist for six months or even longer. A history of neonatal gynæcomastia persisting for several years is sometimes revealed by patients suffering from gynæcomastia during adult life (or by their mothers).

Neonatal gynæcomastia is so common and transient that it has not been studied extensively. However, it would be interesting to know whether any correlation exists between neonatal gynæcomastia and the swelling of the breasts commonly seen in males at puberty.

Estrogens have been found in the urine and blood of infants during the first five days of extrauterine life,<sup>4, 5, 6, 7</sup> and it is generally assumed that neonatal gynæcomastia is the result of direct action of maternal or placental estrogens upon the newborn breast. Recent studies have shown that

the urine during the first two or three days after

birth contains 22. To confirm the ex-

neonatal gynæcomastia  
secretion of colostrum  
ular experiments have  
newborn male guinea-pigs  
d active secretion from

Prolactin may also play some part in the pathogenesis of neonatal gynæcomastia. Lyons<sup>8, 10, 11</sup> developed a method of assay for this hormone which involves a local intradermal crop test in young pigeons, the response being compared with the effect of purified prolactin derived from sheep pituitary glands. The urine of newborn infants was subjected to this assay each day for the first seven days of life.<sup>10</sup> Of these infants three were male, two of whom showed neonatal gynæcomastia (one with active secretion), the third boy showed neither swelling nor secretion, while the girl showed swelling only. In all four infants the urine showed "mammogenic activity", that of the boy with secreting breasts showing greater activity than the others. Lyons does not claim that these results are strictly quantitative, but concluded that the newborn baby has in its tissues hormones capable of stimulating the mammary glands, and that secretion may result from the action of prolactin upon

In addition it has been suggested

The activity of mammary tissue in the newborn is part of a general state of

gynæcomastia may presage the occurrence of gynæcomastia later in life. The presence of oestrogens, progesterone and prolactin in the urine of newborn infants provides adequate explanation for the development of alveoli and hence for lactating mammary tissue. The elimination of these hormones from the body may account for the appearance of colostrum.

### GYNÆCOMASTIA AT PUBERTY

Some degree of breast enlargement is common at puberty and may escape notice unless pain or secretory activity causes the breasts to be examined. In most cases this is a transient phenomenon, but sometimes the enlargement is conspicuous and persistent.

Jung and Shafton<sup>12</sup> in 1938 undertook an extensive study of the onset and

areolæ of most normal boys at puberty. The authors referred to this mass as the subareolar node and regarded it as part of normal puberty. Jung and Shafton further showed that the subareolar node commonly appears at 13 years of age, reaches its maximal size after about 15 months, maintains this for a further 15 months, and finally disappears, so that by the age of 17 years it is no longer to be found in most normal boys. These statements describe the most frequently encountered of many possible variations in onset and duration. Jung and Shafton estimated that some enlargement of the breasts can be detected in approximately 77% of normal boys during puberty but in only 15% of men by the age of 20 years. In most cases the subareolar node is bilateral.

Puberty is sometimes artificially induced by means of chorionic gonadotrophin when this hormone is used to bring about descent of the testis. This artificial puberty closely resembles normal puberty except that the sequence of events is sometimes more rapid. In about 33% of boys treated with chorionic gonadotrophin between the ages of eight and 12 years,<sup>13</sup> a transitory subareolar node, which closely resembles that described by Jung and Shafton, occurs. The enlargement of the

normal puberty

In contrast to the small "button" of breast tissue which appears during puberty in boys, it sometimes happens that a considerable enlargement of one or both breasts occurs, and the organs may reach the size of adolescent female breasts. Such

the other is one of degree. The subareolar node requires careful examination of the chest before it is detected, while essential gynæcomastia is at least of Grade I severity (see page 15), being obvious on general inspection of the chest. Essential gynæcomastia may then be defined as obvious enlargement of the breasts which appears

during an otherwise normal puberty in healthy boys. The subareolar node is excluded from this definition by the words "obvious" and "otherwise normal", because this structure does not produce gross enlargement and because it is seen during normal puberty.

## CLINICAL FEATURES

### *Age of Onset*

Essential gynæcomastia makes its appearance between the ages of 12 and 20 years, and it is characteristic of the condition that when breast enlargement is first seen, puberty is still incomplete at the age of 14 years. An example began before the patient's age between 17 and 20 years of age, it was associated with a late and protracted puberty. For example, a patient who first noticed gynæcomastia at 19 years of age had shown some development of pubic and axillary hair at the age of 14 years, but the voice was unbroken and puberty remained incomplete until the age of 19 years, when a

ages are of course unreliable, and most patients find it difficult to recall when they began shaving, etc., but after patient enquiry it became apparent that essential gynæcomastia first appeared during puberty.

### *Affected Breast*

Essential gynæcomastia more often affects both breasts than either alone. Usually both breasts reach the same size, but one may become larger than the other. Again the two sides usually enlarge synchronously, but one may precede the other, both eventually reaching the same size (Table I). Among unilateral cases the left and right breasts are affected with equal frequency. Some authors describe a high percentage of unilateral cases of gynæcomastia, but this is not found among patients in whom gynæcomastia appears during puberty.<sup>14, 15</sup>

TABLE I  
*Breast Development in Gynæcomastia*

Bilateral and Symmetrical Cases (23)		Asymmetrical Cases (9)	
Grade	Number of Cases	Grade	Number of Cases
I	6	III and 0	3
II	9	III and II	2
III	8	II and 0	4

### *Severity*

Table I shows the severity of gynæcomastia among the Guy's Hospital patients. These observations indicate that essential gynæcomastia most commonly brings about the appearance of two well-developed breasts, which, however, fall short in size of the normal breasts of nulliparous young women. Asymmetrical cases may result from the presence of one normal breast, less often from the unequal development of two affected breasts. Three patients complained of secretion from the breasts.

*Pain*

The breasts were painful in the early stages of essential gynæcomastia in 12 of 32 patients. In five the pain was intermittent, but persisted as long as the breasts remained enlarged. Intermittent pain was often associated with irritation from clothing (e.g., braces) or changes in body temperature, but in some cases it was spontaneous. Four patients stated that the breasts became acutely tender when they became overheated during exertion, in a hot bath, or in an overheated room. The incidence of pain was not related to the age at onset of gynæcomastia.

These findings recall the work of Jung and Shafton,<sup>12</sup> who found that the subareolar node appeared for the first time most frequently at the age of 13 years and that it reached its maximal development after a further 15 months. The authors stated that the subareolar node was detected at the age of 13 years by careful

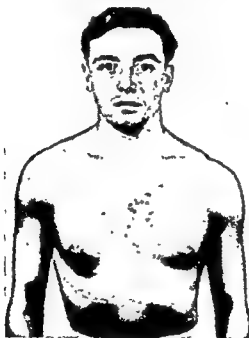


FIGURE 4  
Essential gynæcomastia associated with acne

examination. The Guy's Hospital patients most frequently noticed essential gynæcomastia at the age of 14 years, but perhaps this would have been detected earlier by careful examination. The patients were of normal height, weight, age and urinalysis, and had normal puberty.

Acne

These muscular build, showed considerably less body hair, and were less interested in



such manly activities as sport, preferring more artistic recreations. These observations merely represent a general impression and cannot readily be subjected to measurement, but certainly about half of those also showed severe acne. It is worth mentioning severe acne may occasionally be due to the use of intractable acne, this is a point of some diagnostic importance.

### Natural History

At present the ætiology of essential gynæcomastia remains in doubt, and no rational endocrine treatment has been discovered. It is, however, common practice

treatment, whether surgical or conservative. The value of surgery is therefore closely related to the natural history of the condition. If it can be shown that this benign condition undergoes remission shortly after it appears in a high proportion of cases, surgery is unnecessary. On the other hand, if essential gynæcomastia, once it has developed, tends to persist indefinitely, then surgery is to be advised.

TABLE II\*  
*The Natural History of Essential Gynæcomastia*

Duration of Follow-up (Years)	Number of Patients	
	Untreated (16)	Submitted to Operation (18)
1	4	4
2	2	3
4	1	—
6	—	—
8	4	2
>8	5	3

Among 34 patients suffering from essential gynæcomastia at Guy's Hospital only two showed spontaneous remission. In the remaining 32 cases the swelling reached its maximal development during a period of between six and 24 months, and thereafter remained constant in size.

Table II shows the result of follow-up studies in these 34 patients. The size of the breasts was compared by means of photographs taken at first attendance and at follow-up. Cases in which follow-up was artificially terminated by operation are treated separately. These studies therefore indicate the minimal duration of gynæcomastia. In no case was partial, unilateral or temporary regression noticed.

These studies indicate that essential gynæcomastia is a condition in which spontaneous remission cannot be anticipated, at least during the first eight years after its appearance, and such a finding will influence the treatment of the condition (Chapter XVI).

### Past Health

No finding of ætiological importance was made in the previous health of patients affected by essential gynæcomastia. Mumps had affected nine out of 34 of the patients in the Guy's Hospital series, but none suffered from orchitis. Traumatic lesions of the testis, prolonged fevers and the use of drugs known to cause gynæcomastia were not discovered.

Three patients had suffered from protracted neonatal gynæcomastia. The first showed this condition for two years with profuse secretory activity. At the age of 14 years the patient developed marked (Grade III) painless gynæcomastia,

\* The two patients showing spontaneous remission are not included in this table (see page 37).

... patient's brother\* was similarly affected, astia, with Grade III gynæcomastia at the age of 17 years. The second omastia and painless gynæcomastia (Grade I) at sixteen years of age, showing spontaneous remission at the age of 18 years.



FIGURE 5

An example of spontaneous remission of essential gynæcomastia of Grade I severity  
(A) Aged 14 years (B) Aged 20 years

The third painless and was only brother suffered from gynæcomastia (Table III)

two years, and then the age of 12 years, patient stated that his that his cousin also

TABLE III  
*The Relationship between Neonatal, Essential and Involutional Gynæcomastia*

Case	Neonatal Gynæcomastia	Essential Gynæcomastia		Family History		
		Between the Years of	Outcome of Gynæcomastia	Relation	Nature of Gynæcomastia	Outcome of Gynæcomastia
VII	Severe and protracted	14 and 16	Disappeared spontaneously	Only brother	Neonatal and essential	Disappeared spontaneously
XVIII	—	14 and 22	Operation	Father	Essential and involutional	Disappeared spontaneously
XIX	—	15 and 17	Persisted	Only brother	Essential	Persistent (>8 years)
XXIII	Severe and protracted	16 and 18	Disappeared spontaneously	Only brother	Neonatal and essential	Disappeared spontaneously
XX	Severe and protracted	12 and 18	Operation	First cousin	Neonatal and involutional	Disappeared spontaneously

Whether these findings indicate a special type of gynæcomastia occurring in certain families cannot at present be stated

\* The relatives of these three patients are not included in the present series



*Urinary Oestrogens*

Table IV shows the results of assays performed upon seven patients suffering from essential gynæcomastia. Unfortunately, present methods of oestrogen assay leave much to be desired, especially when the levels to be measured are low. Moreover, the range of normal during puberty has not been established with great accuracy. However, six normal boys between the ages of 14 and 16 years, each of whom showed some signs of puberty, but in whom puberty was not complete, showed the following range of urinary oestrogens, measured by the same method (see page 17): oestrone,  $<0.5 \mu\text{g. per 24 hours}$ ; oestradiol,  $<2.0 \mu\text{g. per 24 hours}$ ; oestriol,  $2-11 \mu\text{g. per 24 hours}$ .

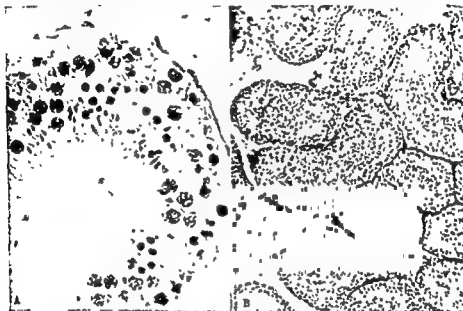


FIGURE 6

(A) The appearance of the germinal epithelium in the testis of a normal boy, aged 16 years (B) The testis of a boy, aged 16 years, suffering from essential gynæcomastia. This testis is normal, but the tubules are highly cellular

In adult males urinary oestrone may reach  $1.0 \mu\text{g. per 24 hours}$ . It is unwise to be dogmatic about the range of normal at such low levels as these. However, in Cases I and XIX the level of oestrone recorded in Table IV exceeds that found among

of the onset of gynæcomastia

*Testicular Biopsy*

In general, testicular biopsy is normal in essential gynæcomastia. Frequently the tubules appear to be crowded with germinal cells in the manner described by

### Semen

The results of sperm counts and of motility tests and the appearance of the ~~spermatozoa~~ themselves are all normal in essential gynæcomastia.

### Histology of the Breast

The micro-copic appearance of the breast in essential gynæcomastia does not differ from that seen in other forms of gynæcomastia (page 22) and consists essentially of duct hyperplasia and increase in the cellularity of the stroma without alveolar development. These findings are based upon 18 patients submitted to operation at Guy's Hospital.

### OTHER INVESTIGATIONS

The results of other investigations, including liver function tests, estimation of basal metabolic rate, full blood count and X-ray examination of epiphyses, are also within normal limits.

### ÆTIOLOGY

Essential gynæcomastia occurs at the same age as and under similar circumstances to the subareolar node and the enlargement of the female breast. The development of the breasts in girls at puberty appears to result from the direct action of hormones upon the mammary tissue. These statements raise three questions: Is the subareolar node strictly analogous to enlargement of the female breast, that is, does it result from the same cause? If so, why is the development of the male breast cut short while that of the female continues until the dimensions of the adult female breast are attained? Is essential gynæcomastia to be regarded as an exaggeration of the normal development of a subareolar node?

The first changes in the female breast at puberty involve duct hypertrophy and increase in the cellularity of the breast stroma, but without alveolar development. These changes are thought to result from the direct action of oestrogens upon the breast in the presence of a normal anterior pituitary gland (page 24). Progesterone probably does not play an important part at this stage, since the first menstrual cycles are anovulatory, but it is likely that progesterone subsequently produces alveolar development.<sup>19</sup> These observations may be regarded as circumstantial evidence in favour of the view that the subareolar node is due to the direct action of oestrogens upon the male breast at puberty. The quantitative difference between the response of the mammary tissue of the two sexes is presumably due to greater concentration of oestrogens in the female, or to some inherent difference in the end-organs which makes the response greater in the case of the female or to both factors.

The other hormones which could be considered as possible causes of the subareolar node and of essential gynæcomastia are androgens. Although cases are known in which treatment with androgens leads to gynæcomastia (page 125), this is not a common sequel of androgen therapy. On the other hand, gynæcomastia regularly follows the administration of oestrogens in boys and men.

Evidence in favour of the view that essential gynæcomastia is an exaggeration of the normal breast development of boys is entirely circumstantial. The two phenomena occur at the same age and under the same circumstances—that is, during puberty. In spite of the lack of more positive evidence, it is difficult to escape the conclusion that essential gynæcomastia results from the direct action of hormones on the breast. If this is the case, two possibilities must be considered—namely, a hypersensitivity of mammary tissue to normal concentrations of some hormone or hormones on the one hand, or the presence of excessive concentrations of one or more hormones on the other hand. A third possibility exists—namely, that breast stimulation results from the action of an abnormal hormone, i.e. one which is not present in normal individuals. For the third possibility there is no clinical or

laboratory evidence, such a hormone could produce only one demonstrable effect—namely, breast stimulation; and until some positive evidence for its existence is forthcoming, this possibility will be rejected.

The next problem is the nature of the hormone concerned. Oestrogens and

serious objection to the case for androgens as the important cause of essential

These two patients were seen nearer upon whom this assay was performed of the limitations of the methods u

mastra. This could suggest that such individuals are subjected to greater concentra- tions of maternal or placental oestrogens, which produce greater development of

concentration of these hormones declines. This is further suggested by the observation that the only two patients with raised urinary oestrogens were those examined soon after the onset of gynæcomastia.

By contrast, the majority of patients develop gynæcomastia, or a history of spontaneous remission. The a special type of essential gynæcomastia, and these points may be of some prognostic and aetiological significance.

The presence of severe acne in about half the patients affected by essential gynæcomastia, and the observation that these patients are conspicuously muscular and virile individuals, might be taken as indirect evidence in favour of excessive androgen secretion. However, such evidence is not supported by consistently high levels of 17-ketosteroid excretion, and since the Leydig cells appear to represent the source of both oestrogens and androgens (page 25),<sup>18</sup> stimulation of these cells would produce androgenic effects, and gynæcomastia may represent the only effect of the oestrogens concurrently produced which can be detected clinically.

A number of workers have endeavoured to show that gynæcomastia is associated with a disturbance in. Nathanson,<sup>21</sup> for example, has explained the results of oestrogen assays make conclusions much less satisfactory. They are converted into ratios when in reality in the case of

In short, it is tentatively concluded that the subareolar node is due to the action of testicular oestrogens upon the breast and is a normal phenomenon. In a small number of boys this response is exaggerated as the result of higher oestrogen levels or of greater sensitivity of the breast (or both). This abnormal response produces essential gynæcomastia.

The management of essential gynæcomastia is discussed in Chapter XVI, where a strong case will be made for early surgical treatment

### INVOLUTIONAL GYNÆCOMASTIA

When gynæcomastia first appears after middle age, it usually points to some serious underlying condition, but at this time of life is not always so sinister, in libido and sexual potency (Figure 7) be overlooked because of the great variation in the period of their lives. Some are affected by a male climacteric, while in others the approach of old age is so stealthy as to defy exact localization. Gynæcomastia which first appears at or shortly after

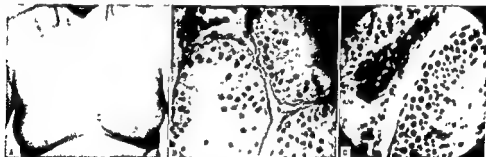


FIGURE 7

An example of involutinal gynæcomastia (a) Shows gynecomastia of grade III severity in a man of 56 years (b) Shows testicular biopsy taken from the same patient, basement membrane, spermatogenesis and Leydig cells are normal (c) Shows high power field of the same specimen

the period of sexual decline in men who are otherwise healthy can be referred to as involutinal gynæcomastia. The condition is not common, and the diagnosis is justified only after careful examination and investigation have eliminated any underlying disease. The diseases to be eliminated in this way are those mentioned as causes of gynæcomastia in the succeeding chapters of this book. Involutinal gynæcomastia is illustrated by the following case history

... and continues from about the age of 52 years. At about the same age he was in good health in the past and, ... abnormal. The results of chest X-ray examination, blood count, liver function tests, estimation of basic metabolic rate, ... The patient was seen ... this time. The investigators of observation and

The difficulty in diagnosing involutinal gynæcomastia lies in establishing the fact that the patient is free of any serious underlying disease. By contrast, it is relatively easy to eliminate serious underlying disease at puberty in the case of essential gynæcomastia. The diagnosis of involutinal gynæcomastia is therefore reached by exclusion and should be supported by a period of observation

## CLINICAL FEATURES

In a series of 10 patients the age of onset of the gynæcomastia was between 52 and 66 years. It was associated with loss of libido and potency in every patient, but only half of those affected complained of other symptoms such as hot flushes, lethargy and irritability. The condition is usually bilateral and symmetrical, and may undergo remission (complete or partial). The previous history of libido, potency and fertility are not remarkable, and past health has usually been good.

## SPECIAL INVESTIGATIONS

gonadotrophic hormones is extremely variable in normal men. Examination of semen has not revealed any consistent abnormality, and the results of testicular biopsy are normal for the patient's age (Figure 7).

## ÆTIOLOGY

It is at present not possible to discuss the ætiology of involutional gynæcomastia. Little is known about the quantitative and qualitative changes in endocrine activity during the time of sexual involution in men.

six years of complete sexual inactivity. The sudden return of sexual activity was associated with painful gynæcomastia, interval of between one and two years associated with loss of libido and a ret provide an example of a phenomenon to be encountered in later chapters of this book—namely, the appearance of gynæcomastia at a time when sexual activity reappears after a period of loss of erections and libido (page 113). This sequence of events has something in common with gynæcomastia at puberty, except that puberty represents the first episode of gonadal stimulation rather than a reawakening of sexual activity. In one patient studied soon after the onset of this form of involutional gynæcomastia, urinary œstrogens were found to be too low to measure by the method described on page 17.

## MANAGEMENT

The management of involutional gynæcomastia is discussed in Chapter XVI, where a conservative policy is advocated.

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In short, it is tentatively concluded that the subareolar node is due to the action of testicular oestrogens upon the breast and is a normal phenomenon. In a small number of boys this response is exaggerated as the result of higher oestrogen levels or of greater sensitivity of the breast (or both). This abnormal response produces essential gynæcomastia.

The management of essential gynæcomastia is discussed in Chapter XVI, where a strong case will be made for early surgical treatment

### INVOLUTIONAL GYNÆCOMASTIA

When gynæcomastia first appears after middle age, it usually points to some serious underlying cause. However, gynæcomastia at this time of life is not always so sinister; it may appear together with a decline in libido and sexual potency (Figure 7). The significance of this association may be overlooked because of the great variation with which men enter the involutional period of their lives. Some are affected by a male climacteric, while in others the approach of old age is so stealthy as to defy exact localization. Gynæcomastia which first appears at or shortly after



FIGURE 7

An example of involutional gynæcomastia. (a) Shows gynæcomastia of grade III severity in a man of 56 years. (b) Shows testicular biopsy taken from the same patient, basement membrane, spermatogenesis and Leydig cells are normal. (c) Shows high power field of the same specimen.

causes of gynæcomastia in the succeeding chapters of this book. Involutional gynæcomastia is illustrated by the following case history.

The patient noticed a gradual decline in libido and potency from about the age of 52 years. This was associated with hot flushes, irritability and loss of energy. At about the same age he noticed painful bilateral gynæcomastia. The patient had enjoyed good health in the past and, apart from gynæcomastia, physical examination revealed nothing abnormal. The results of blood chemistry, liver function tests, estimation of basic metabolic rate, and other investigations were within normal limits. The patient was seen during this time. The investigation continued for five years of observation and

The difficulty in diagnosing involutional gynæcomastia lies in establishing the fact that the patient is free of any serious underlying disease. By contrast, it is relatively easy to eliminate serious underlying disease at puberty in the case of essential gynæcomastia. The diagnosis of involutional gynæcomastia is therefore reached by exclusion and should be supported by a period of observation.

## CHAPTER VIII

### GYNÆCOMASTIA ASSOCIATED WITH DISEASES OF THE TESTIS

In 1894 Williams<sup>1</sup> suggested that diseases of the testis which cause destruction of testicular tissue could produce gynæcomastia. This led to the idea that the testis protects the male body from a tendency to develop certain female characteristics. Since that time many workers have concluded that the testis plays an important part in the aetiology of gynæcomastia.

The following diseases of the testis may be associated with gynæcomastia:

- (1) Certain forms of hypogonadism
- (2) Tumours of the testis
- (3) Leprous orchitis
- (4) Mumps orchitis
- (5) Bilateral orchitis
- (6) Radiation of the testis
- (7) Undescended testes
- (8) Castration
- (9) Traumatic lesions of the testis
- (10) Certain unilateral testicular lesions

#### HYPOGONADISM

Certain forms of male hypogonadism are commonly associated with gynæcomastia, and since a number of rather confusing systems for the classification of these conditions are at present in use, it is necessary to begin with a brief account of the nomenclature to be used.

Hypogonadism may result from lesions of the adenohypophysis or from diseases of the testis. In rare instances, the possibility of an inherent resistance of the tissues or end-organs to the action of normal quantities of hormone may be responsible for the appearance of signs and symptoms which resemble those encountered in hypogonadism; this possibility is not relevant to the problem of gynæcomastia. The signs and symptoms of hypogonadism vary not only according to the site of the lesion, but also with the age of the patient at the onset of the condition. For example, failure of Leydig cell function before puberty leads to the gross abnormalities of eunuchoidism and failure of the development of secondary sexual characteristics. On the other hand, when failure of Leydig cell function first occurs during adult life, the regression of established secondary sexual characteristics is remarkably slow.

When hypogonadism is the result of failure of the adenohypophysis to secrete sufficient gonadotrophic hormones, the urinary output of gonadotrophins is low, and the capacity of the testis to respond to pituitary stimulation is indicated by the response to injections of chorionic gonadotrophin, which brings about the appearance of secondary sexual characteristics or maintains sexual activity in the case of adults. When hypogonadism is due to testicular failure, urinary gonadotrophin levels are higher than normal, and the testis is incapable of responding to chorionic gonadotrophin.

Classification of hypogonadism is based upon these observations, and Heller, Nelson and Roth<sup>2</sup> proposed a useful system of classification in 1948. This system, which is illustrated in Table V, has been criticized on the grounds of over-simplification, but until aetiological factors are better understood it provides a useful skeleton for descriptive purposes.



It will be seen that gynecomastia occurs in cases of testicular failure supervening before or during puberty but not in other forms of testicular failure. Testicular failure before or during puberty is of two types—namely, prepubertal testicular failure and Klinefelter's syndrome. Prepubertal testicular failure is a condition in which no functioning testicular tissue can be found in the scrotum, while Klinefelter's

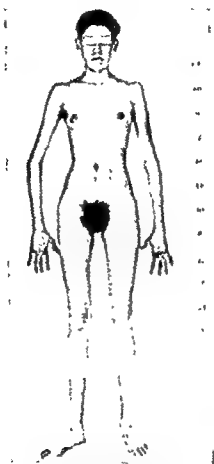


FIGURE 8

Prepubertal testicular failure in a patient aged 18 years. The characteristic eunuchoid proportions and gynecomastia (grade II) are well shown. The development of pubic hair increased after treatment with testosterone before this photograph was taken.

syndrome is associated with characteristic histological changes in the testis. Prepubertal testicular failure is also called prepubertal non-castrate eunuchoidism, and the word prepubertal is spelled prepuberal by most American authors. Throughout this book the English spelling is used, and the name prepubertal testicular failure is preferred.

This classification does not include testicular failure due to specific aetiological agents, such as mumps orchitis, traumatic lesions, leprosy, castration, etc. Many

TABLE V  
Classification of Male Hypogonadism

Time of Onset	Urinary Gonadotrophins	Response to Chorionic Gonadotrophin	Failure of Other Pituitary Functions	Skeletal Development	Gynæcomastia	Size of Testes	Testicular Biopsy	Patency	Diagnosis
Before or During Puberty	Low	Positive	Yes	Dwarfism	Absent	Half adult size	Tubules infantile Leydig cells infantile	Poor	Panhypopituitarism
	Low	Positive	No	Eunuchoidism	Absent	Half adult size	Tubules infantile Leydig cells infantile	Poor	Hypogonadotrophic hypogonadism
	High	Nil	No	Eunuchoidism	Present or absent	Absent	Absent (Wolffian remnants)	Poor	Prepubertal testicular failure
	High	Nil	No	Normal	Present	One-quarter adult size	Hyalinization of tubules Clumping of Leydig cells	Poor	Klinefelter's syndrome
After Sexual Maturity	Low	Positive	Yes	Normal	Absent	Three-quarters adult size	Tubules and Leydig cells return to an infantile state	Poor	Adult panhypopituitarism
	Low	Positive	No	Normal	Absent	Three-quarters adult size	Tubules and Leydig cells return to an infantile state	Poor	Adult hypogonadotrophic hypogonadism
	High	Nil	No	Normal	Absent	Normal	Atrophy absence or disorganization of tubules or Leydig cells	Poor	Adult hypergonadotrophic hypogonadism
	High	Nil	No	Normal	Absent	Normal to three-quarters adult size	Tubules are small or hyalinized, sloughing of germinal epithelium	Normal	Adult seminiferous tubular failure

distinctions are academic, and a patient may be regarded as suffering from functional prepubertal testicular failure when a biopsy taken during adult life reveals either Wolffian duct derivatives or rudimentary testes, provided that the scrotal contents are less than 1.0 cm. in diameter and that the other features of the syndrome are present. Until more is known of the aetiological factors which cause failure of the



FIGURE 9

The scrotal contents in prepubertal testicular failure. (A) Vasa efferentia are seen, but seminiferous tubules are absent. (B) High power view of vas efferens lined by columnar epithelium which is well developed. (C) Poorly developed testis. Leydig cells are present. (D) Rudimentary tubules lined by a single layer of cells.

other classifications of hypogonadism have been devised, but as these are usually complicated by the inclusion of lesions which do not cause gynæcomastia, the system of Heller, Nelson and Roth is considered adequate for present purposes

### PREPUBERTAL TESTICULAR FAILURE

In 1943 Heller and Nelson described a syndrome which they called functional prepubertal castration in males. This is characterized by (a) the presence of Wolffian duct derivatives in the scrotum but absence of functional testes, (b) sexual infantilism, (c) some delay in osseous development, (d) high urinary gonadotrophin excretion, and (e) response to treatment with testosterone but not with chorionic gonadotrophin.

This syndrome may result from a variety of causes, but the essential feature is that total failure of the testis (germinal and endocrine) appears before puberty. Treatment with pituitary failure, that the tissues themselves are not inherently resistant to the action of androgens. That the ætiological factors concerned operate before puberty is indicated by the presence of eunuchoidism. The condition closely resembles surgical castration before puberty and is so named as to exclude this possibility.

The ætiological factors responsible for this syndrome are varied. Some cases appear to have followed operations for inguinal hernia before puberty, and it has been suggested that during operation the blood supply to the testis has suffered. In other cases a sclerosis of unknown ætiology affects the walls of the tubules, which as a result fail to develop fully. In yet another group failure of union between the Wolffian duct and the testis may occur, so that derivatives of the former structure may appear in the scrotum unaccompanied by the testes, which remain in the abdomen. Sometimes failure of union between the Wolffian duct and the testis results in the appearance of the epididymis alone in the scrotum<sup>9, 10, 11, 12, 13</sup>. Finally, some cases may be due to congenital failure of the testes to develop (anorchia).

Before the diagnosis of this syndrome can be established, testicular biopsy is necessary in order to demonstrate the absence of functional testicular tissue. Consideration of the ætiological factors involved will show that the results of biopsy are varied. In cases following surgical operations upon the inguinal canal and in those associated with sclerosis of the tubules, some testicular tissue will be found. That this tissue is not functional will be indicated by the rudimentary appearance of the tubules and by the absence of normal Leydig cells. These findings will be reflected by the presence of eunuchoidism and sexual infantilism. These clinical signs will, moreover, prove that the causal factors operated before puberty, thereby establishing the diagnosis of prepubertal testicular failure. In cases resulting from failure of union between the Wolffian ducts and the testis, biopsy will reveal no testicular elements but

germinal epithelium or Sertoli cells (Figure 9). Again, immature epididymal tissue or ductus deferens may be found.<sup>9</sup> When testicular biopsy reveals epididymal tissue, it may be argued that biopsy has been unsatisfactory and that testicular tissue, although present in the scrotum, has not been located by the operator, who has simply cut into the epididymis. That this argument is realistic is shown by the appearance of epididymal tissue without testis in the biopsy of normal gonads. However, if the scrotal contents are less than 1.0 cm. in diameter, and if bilateral testicular biopsy reveals some form of Wolffian duct derivatives but no testis, it is highly probable that functional testicular tissue is absent from the scrotum. Similarly, the diagnosis of anorchia during life can be substantiated only by a major surgical exploration of the scrotum, inguinal canals and abdomen. For the most part these

present. Until more is known of the aetiological factors which cause failure of the



FIGURE 9



TABLE VI  
Clinical Features of Patients with Prepubertal Testicular Failure

Case Number	Height (Inches)	Weight (Pounds)	Span (Inches)	U S	L S	Erec-tions	Emis-sions	Pubic Hair		Axillary Hair	Beard	Tem-poral Hair-line	Voice	Age (when first seen)
								Distribution	Amount					
NLVII	66½	123	70	30½	36	Absent	Absent	Female	Scanty	Scanty	Poor	No recession	High	25
NLVIII	73	138	74½	35½	37½	Some	Absent	Female	Scanty	Scanty	Poor	No recession	High	18
L	73	176	74½	35½	37½	Some	Few	Female	Scanty	Scanty	Poor	No recession	Low	19
LI	71½	173	75½	33½	38½	Some	Absent	Female	Scanty	Normal	Poor	No recession	Low	21
LII	74	134	76½	33½	40½	Some	Few	Female	Scanty	Normal	Poor	No recession	Low	18
LIIL	69	143	71	33½	35½	Some	Few	Female	Scanty	Scanty	Poor	No recession	High	19
LIV	71	211	72½	34	37	Some	Absent	Female	Scanty	Scanty	Normal	No recession	Low	53
LVI	67½	132	69½	32½	35	Some	Absent	Female	Normal	Scanty	Poor	No recession	High	25
LVII	74	140	75½	35½	38½	Some	Few	Female	Scanty	Normal	Poor	No recession	High	20
LVIII	72½	158	74	34	38½	Few	Absent	Female	Scanty	Scanty	Normal	No recession	High	22
LV	63	143	65	30½	32½	Few	Absent	Female	Normal	Scanty	Poor	No recession	Low	21

TABLE VII  
Gynæcomastia in Prepubertal Testicular Failure

Cave Number	Age at Onset (Years)	Severity (Grade)	Duration at Follow Up (Years)	Severity at Follow Up (Grade)	Duration at Operation (Years)
XLVII	14	I	22	I	—
XLVIII ..	18	III	—	—	12
L	19	I	4	I	—
LI	20	I	5	I	—
LII	15	I	6	I	—
LIII	19	I	—	—	1
LIV	14	III	39	III	—
LV	16	I	—	—	7
LVI	20	I	6	I	—
LVII	14	I	16	I	—
LV	21	I	—	—	2

testis before puberty, the name prepubertal testicular failure is a convenient way of referring to this heterogeneous group of conditions. The disease which is most likely to cause difficulty in diagnosis is hypogonadism as an isolated manifestation of pituitary failure. In this condition urinary gonadotrophins are low, the testis shows arrest of spermatogenesis in the presence of well-formed tubules, and the condition responds to treatment with chorionic gonadotrophin.

TABLE VIII  
Duration of Gynæcomastia in Prepubertal Testicular Failure

Duration of Gynæcomastia (Years)	Patients Submitted to Operation (4)	Patients Not Submitted to Operation (7)
1-5	2	2
6-11	1	2
12-20	1	1
>20	—	2

The clinical and laboratory data of 11 patients who fulfilled the requirements of prepubertal testicular failure are shown in Tables VI, VII, VIII and IX. It will be seen that in this syndrome gynæcomastia is usually mild (Grade I) and first appears between the ages of 14 and 21 years (Table VII). Once it is established, gynæcomastia in prepubertal testicular failure shows no tendency to spontaneous remission (Table VIII). The principal symptoms of which these patients complain are connected with failure of development of the secondary sexual characteristics, which proves such a source of embarrassment that the gynæcomastia, which is mild, is not regarded so

TABLE IX  
Laboratory Investigation in Prepubertal Testicular Failure

Case Number	17-Keto Steroids (µg per 24 Hours)	Urinary Gonadotrophins (Munroe Units per 24 Hours)	Semen (Number of Tests)	Testicular Biopsy	Epiphyses		Urinary Estrogens (µg per 24 Hours)		
					Bone Age*	Chronological Age	Estroene	Estradiol	Estriol
XLII	12.3 41.0	<48 >64 >96	Azoospermia (3)	Vas deferens	Adult	25	—	—	—
XLIII	6.9 7.0	>96 >96	Azoospermia (2)	Vas deferens	Adult	21	—	—	—
L	13.0 11.6 15.0 12.4	>96 >96 >96 >96	Azoospermia (2)	Poorly developed tubules	Adult	21	1.7	0.3	9.0
LI	10.0 15.0 9.0 20.0	>24 <32 >64 <96 >96	Azoospermia (3)	Vas deferens	Adult	22	1.1	0.2	12.0
LII	6.0	>96	Azoospermia (2)	Immature epididymus	17	20	0.5	4.1	2.0
LIII	11.7 12.8	>128 >96	Azoospermia (2)	Vas deferens	17-19	22	—	—	—
LIV	3.7 13.0	>96 >68 >96	No ejaculate	Vas deferens	Adult	53	—	—	—
LV	15.4 8.8 9.0	>96 >96 >96	No ejaculate	Epididymis	Adult	25	—	—	—
LVI	10.4 12.0	>16 <32 >96	Azoospermia (3)	Poorly developed tubules	17	26	—	—	—
LVII	10.2 9.4	>16 <32 >96	No ejaculate	Epididymis	Adult	22	—	—	—
LX	10.0 12.0	>64 <96 >96	Azoospermia (3)	Vas deferens	20	25	—	—	—

\* It is probable that some of these patients had been given hormones before they were seen at Guy's Hospital. This would no doubt have advanced their epiphyseal maturation.

seriously. As a result the age of onset and other features of the breast development are not clearly remembered. However, it can be stated that the gynecomastia is painless and not associated with secretion from the nipples. These patients all showed smooth clear skins and maintained that they had never suffered from acne.

It is inevitable that some patients who turn out to be examples of prepubertal testicular failure are regarded as suffering from undescended testes before puberty. Unless small nodules are felt in the scrotum, it is scarcely possible to distinguish the two conditions (before puberty), and it is not surprising that two of the present series of patients received hormone treatment in the hope of causing descent of the testes. This treatment did not cause the associated gynecomastia, since breast development preceded hormone therapy by more than two years. When chorionic gonadotrophin is the hormone used, one would not expect gynecomastia to occur in cases of prepubertal testicular failure, because this hormone is thought to cause breast development by stimulating the activity of the Leydig cells (page 25).

Prepubertal testicular failure is not familial, and except in the case of patients submitted to herniorrhaphy, the past health reveals nothing of interest. The 17-ketosteroid excretion was normal and the level of urinary gonadotrophins high in every patient. The three patients in whom urinary oestrogens were estimated (Table IX) showed levels within or just beyond the normal range. Histological changes seen in the breast are those found in other forms of gynecomastia (see page 22).

#### *Pathogenesis*

Boys subjected to surgical castration before puberty do not develop gynecomastia. On the other hand, about one-half of those who suffer prepubertal testicular failure show a mild degree of breast stimulation.<sup>4</sup> In those cases of prepubertal testicular failure due to anorchia or to failure of union between testis and Wolffian duct, it may be assumed that the patient lacks any functional testicular tissue. In the absence of any evidence to show that the adrenal cortex in this condition is responsible for the secretion of excessive quantities of oestrogens or androgens, it is difficult to see how breast stimulation in cases of this syndrome could result from excessive quantities of either of these groups of hormones. It seems logical to conclude that the difference (from a functional point of view) between prepubertal testicular failure and surgical castration before puberty must lie in the activity of testicular tissue before the time of surgical castration. There is good reason to believe that the testis is active before birth,<sup>4</sup> and while still situated within the abdomen, this structure directs the development of the Wolffian ducts at the expense of the Mullerian ducts and influences the differentiation of the external genitalia.<sup>4</sup> In this way it is possible to account for the aetiology of Turner's syndrome, which is associated with female phenotypic or functional sex in individuals with male chromosomal sex 4, 4, 0, 7.

It is not at present possible to do more than guess at the pathogenesis of prepubertal testicular failure. If the testes were absent or functionless during intrauterine life, one would expect such individuals to develop female phenotypic sex. We can only suppose that the gonads are present in the abdomen until after the time of differentiation of the genital ducts and external genitalia is accomplished, and that they subsequently undergo some destructive process. Perhaps the destruction of the testes exposes the breasts to some feminizing influence during the last stages of intrauterine life, which renders the mammary tissue unduly susceptible to the influence of the small quantities of oestrogens or to the androgens secreted at puberty by the adrenal cortex. Most patients with Turner's syndrome do not show breast development at puberty, but the mammary gland responds to the administration of oestrogenic hormones. However, in some patients affected by Turner's syndrome slight breast development with rudimentary nipples is seen at puberty, and this would no doubt pass for a mild degree of gynecomastia in the case of male patients.<sup>4</sup> Prepubertal testicular failure is a heterogeneous condition, and until

duce this syndrome the patho-  
No doubt future studies of  
e, although 11 cases reported

by Nelson<sup>10,11</sup> all showed male nuclear sex.

The patients with prepubertal testicular failure reported by Heller and Nelson<sup>2</sup> were not excessively tall, unlike those affected by other forms of eunuchoidism. The heights of their patients were between 58½ in. and 70½ in. In the present series the range was 63 in. to 74 in. (five of 11 patients being taller than 72 in.). At present it is not possible to account for this difference.

Certain features of prepubertal testicular failure remain puzzling. In the absence of testicular tissue it might be expected that pubic and axillary hair would be absent and 17-ketosteroid excretion low, as in prepubertal pituitary failure. However, there is good evidence in animals to show that castration soon after birth produces adrenocortical hyperfunction with increased production of androgens<sup>104, 106</sup>. There is further evidence of a sort of reciprocity between testicular and adrenal androgens, as for example the fall in urinary excretion of the metabolites of adrenal androgens which follows the administration of 17-methyl testosterone<sup>105</sup>; this substance is not metabolized to 17-ketosteroids. Presumably, therefore, some compensatory increase in adrenal androgen output accounts for the ultimate (but delayed) fusion of epiphyses (the delay permitting growth hormone to produce eunuchoidal changes in the skeleton), for the development of sex hair and for the normal 17-ketosteroid excretion in patients suffering from prepubertal testicular failure.

### KLINEFELTER'S SYNDROME

In 1942 Klinefelter, Reifenstein and Albright<sup>14</sup> described the condition which is generally referred to as Klinefelter's syndrome. This syndrome was said to consist of gynæcomastia, small testes, azoospermia, evidence of normal to moderately reduced Leydig cell function, increased excretion of pituitary gonadotrophins and (usually) a reduced excretion of 17-ketosteroids. This description was based upon a series of nine patients, each of whom had been quite normal until puberty, which began between the ages of 12 and 14 years. Gynæcomastia was present in every case and first appeared in the first paper and in two

The testes were uniformly small and symmetrical throughout the group, the average size being  $1.5 \times 1.0 \times 0.5$  cm, and the patients stated that their testes had always been small. Three patients had never ejaculated, and of the remaining six four are known to have shown azoospermia. In eight of the patients Leydig cell

the voice, the distribution  
adotrophins were uniformly  
subnormal. Testicular

biopsies were always abnormal. The degree of abnormality between two extremes in different patients. Some cases showed partial hyalinization and defective spermatogenesis in certain tubules, while other cases showed extensive hyalinization of all the tubules and no cells within the tubular remnants. Between the two extremes intermediate states occurred, in which hyalinization was moderate and only Sertoli cells remained inside the tubules. This hyaline tissue stained pink with eosin and like collagen with aniline blue. In no instance was normal spermatogenesis present.

The authors state that,  
less than normal, owing  
to the interstitial cells

to be 40 times as numerous as in the normal testis.

Albright and his colleagues believed that the occurrence of normal Leydig cells in the presence of defective spermatogenesis and raised urinary gonadotrophins was best explained by the existence of a second testicular hormone secreted by the germinal epithelium—the so-called "X" hormone. By analogy with the female, follicle-stimulating hormone (FSH) promotes spermatogenesis and at the same time stimulates the secretion of "X" hormone, instead of stimulating the maturation of the Graafian follicle and indirectly leading to the production of oestrogens. "X" hormone controls the pituitary secretion and/or release of follicle-stimulating hormone, and lack of this "X" hormone, resulting from tubular damage, would lead to raised urinary gonadotrophins.

The histology of the breast in one of these cases of Klinefelter's syndrome was compared by the authors with a biopsy taken from the breast of a man, aged 70 years, who suffered from gynecomastia following oestrogen therapy for carcinoma of the prostate. Albright and his colleagues state that oestrogens produced greater duct hyperplasia and less dense periductal connective tissue than were seen in cases of Klinefelter's syndrome. In one case an assay of urinary oestrogens was performed, and the result was normal. Upon this evidence the authors conclude that the gynecomastia of Klinefelter's syndrome is not due to "hyperestrinism." They regard testosterone as unlikely to cause gynecomastia in this syndrome because normal men do not develop this symptom. The authors suggest the theory that gynecomastia in Klinefelter's syndrome is the result of androgen secretion in the absence of "X" hormone. They admit that testosterone does not regularly produce gynecomastia in castrates but believe that a third factor is necessary—namely, that the patient be growing when this hormonal imbalance becomes established.

Some of the conclusions drawn from the excellent descriptive data in this paper merit further discussion. In the first place, the important observation of Leydig cell clumping is dismissed as being the result of a relative increase in the prominence of these cells following atrophy of the tubules. The authors are in error when they state that "one would expect the interstitial cells to be 40 times as numerous in the normal testis." One would expect these cells to be 40 times as concentrated as in the normal testis—that is, the number in a given microscopic field would increase by 40. It will be necessary to return to this point later.

Again the comparison between the breast of a man of 70 years abruptly stimulated by large doses of exogenous oestrogen and that of a young man suffering from gynecomastia at or soon after puberty is certainly open to question. This is especially true when the photomicrographs presented for comparison are examined: the similarity between the two specimens is more apparent than the differences. In any case, the histology of the breast undergoes considerable change with age, and the sudden stimulation of a breast which has long since ceased to show signs of activity, by enormous doses (by physiological standards) of oestrogen, can hardly be expected to produce changes identical with those seen at puberty under the influence of the same hormone. Moreover, it has been shown that the histology of gynecomastia is not specific for any particular cause, and that in general the appearances resemble those seen after oestrogenic stimulation of the breast (page 23).

One normal urinary oestrogen assay performed some years after the onset of gynecomastia, by the methods in use in 1942, would add little to the case against oestrogens as the cause of gynecomastia in Klinefelter's syndrome.

The conception of an "X" hormone was purely hypothetical in 1942, and its existence has never been confirmed since that time. The idea that such a hormone specifically prevents gynecomastia during the growth spurt of adolescence seems to attribute an exceptional role to this hypothetical substance.

Three years after the paper of Albright and his colleagues, Heller and Nelson<sup>13</sup> offered a new concept of Klinefelter's syndrome. Beginning with the view that hyalinization of the basement membrane was the fundamental abnormality in this

condition, they used the device of postulating four basic or constant features of the syndrome without which it could not be diagnosed and a number of variable or inconstant features. The constant features are (i) small testes, (ii) hyalinization of the basement membrane of the seminiferous tubules, (iii) azoospermia, and (iv) high urinary gonadotrophin content.

Patients who show these four abnormalities vary from eunuchoid individuals with slight breast development to those who show normal (or nearly normal) male secondary sexual characteristics together with gross gynæcomastia. For descriptive purposes three major types are described—namely, eunuchoid, intermediate and normal (Figure 10). The eunuchoid type shows poorly developed secondary sexual characteristics, absent or poorly developed sexual development and well-marked gynæcomastia. The intermediate type shows some evidence of eunuchoidism, some failure of secondary sexual characteristics, and moderate gynæcomastia.

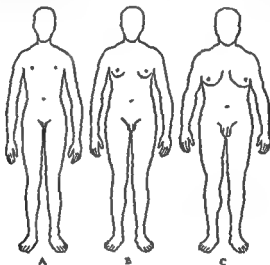


FIGURE 10

The three types of Klinefelter's syndrome according to the concept of Heller and Nelson.<sup>9</sup> (A) Marked eunuchoidism without gynecomastia. (B) Moderate development of the secondary sexual characteristics with some gynecomastia. (C) Normal sexual development and marked gynecomastia.

Heller and Nelson at this time envisaged Klinefelter's syndrome as the outcome of a process of hyalinization of the basement membranes which may affect the testis before or during puberty. If this process starts before puberty, eunuchoidism results, if it begins towards the end of puberty, the so-called normal group of Klinefelter's syndrome results. Now the normal group is composed of patients who fulfil the requirements of Albright and his colleagues in their original description of the syndrome,<sup>14</sup> while the intermediate and eunuchoid groups are examples of prepubertal testicular failure. The only features of the eunuchoid group which could distinguish these patients from other examples of prepubertal testicular failure are the presence of hyalinization of the basement membrane and the state of the Leydig cells. The photomicrographs in the original paper of Heller and Nelson do not illustrate the condition of the basement membrane in the eunuchoid group. On the other hand, they do show an example of the Leydig cells in one patient of this

group, and these cells are described as being in "fair functional state". Whatever their functional state, however, these cells have failed to secrete normal quantities of androgenic hormones, because the patients are eunuchoid and show inadequate development of secondary sexual characteristics.

It seems clear that the changes in the Leydig cells of the eunuchoid group are not sufficiently characteristic to set them apart from other forms of prepubertal failure of the testis. While hyalinization of the basement membrane does undoubtedly occur in patients showing eunuchoidism, it remains to be shown that there is in this finding some specificity, aetiological or other, which justifies linking these patients with the classical type of Klinefelter's syndrome. Until the specificity of this hyaline change is established, it seems more satisfactory to group all cases of prepubertal failure of the testis together and to confine the use of the term Klinefelter's syndrome to the so-called normal group, i.e. the type of patient described by Albright and his co-workers.

Here the subject of Klinefelter's syndrome remained for more than 10 years, until it was shown by Witschi, Nelson and Segal<sup>15, 16</sup> that some of the patients who were regarded as typical examples of the condition showed female chromatin pattern in the cells of the skin and other tissues. These individuals have been called pseudo-males, and they appear in every respect like normal boys throughout childhood. At puberty they may notice gynecomastia, which causes them to seek medical advice, as also may their subsequent infertility. The male secondary sexual characteristics show moderate to normal development. In one patient described by Witschi and his colleagues,<sup>16</sup> a few seminiferous tubules showed the full histological pattern of spermatogenesis and the chromatin sex was female, this is the nearest approach to complete sex reversal which has yet been described in man.\*

Witschi and his co-workers<sup>4</sup> have gone so far as to draw an analogy between this state of partial sex reversal and sex reversal in amphibians which can be induced by delay in fertilization of the ovulated egg, which, as a result, shows evidence of degradation. Under these conditions the primordial germ cells exhibit degenerative features, multiplying slowly and entering the gonadal folds in small numbers or not at all. If no germ cells succeed in entering the gonadal folds, permanent sterility results. If, however, a few gonia reach the primordial gonad, the latter develops as a testis regardless of the genetic sex of the host, since the small number of germinal cells (the main inductor of ovarian development) leads to weakening of the cortex, with the result that the medulla gains ascendancy over the cortex. In the case of minor defects in penetration by the gonia, the competition between cortex and medulla may not be completely resolved, this leads to the production of ovotestes. The important factor appears to be the number of germ cells which enter the developing gonad. This factor influences the follicular and interstitial cell development, which in turn affects the capacity of these structures to exert their inductive effect upon the genital ducts and external genitalia.

It is perhaps too early to press this analogy further, but such a concept more nearly fits these confusing aspects of human sex reversal than other theories so far presented. The concept of over-ripeness of the ovum suggests that acquired or environmental factors are responsible for Klinefelter's syndrome rather than hereditary factors. This idea is in accordance with the observation that the syndrome is usually neither familial nor hereditary. However, recent evidence suggests that this syndrome is more often inherited than was formerly believed.<sup>110</sup>

Among the patients suffering from Klinefelter's syndrome who were examined by Nelson and Boccabella,<sup>17</sup> the ratio of chromosomal females to males was 49 to 13.

\* It will be recalled that the germ cells arise outside the developing gonad, probably from the endoderm of the hindgut and that they migrate by amoeboid movement to the genital folds, which they proceed to penetrate. Witschi's conception of Klinefelter's syndrome is based upon a theory of deficient germ plasma in the zygote resulting from over-ripeness of the ovum before fertilization.



If Klinefelter's syndrome is due to some such acquired or environmental cause, this sex difference must be explained, since there is no reason why zygotes of XX genotype should be more frequently affected than those with XY genotype. Presumably the predominance of chromosomal females results from the fact that only the extreme

all degrees of severity When the genotype of the affected zygote is XX and no syndrome and allied syndromes). With more successful penetration men of low fertility will develop These ideas can be presented in tabular form (after Witschi, Nelson and Segal<sup>4</sup>)

TABLE X

Surviving Germ Cells in Gonadal Fold	Genotype of the Affected Zygote	
	XX	XY
None (or very few)	Agonadal women	Pseudofemales
Few	Pseudomales and true hermaphrodites	Men of very low fertility
Moderate	Amenorrhea and low fertility	Men of low fertility
Normal	Normal women	Normal men

In other words, the result of defective germ cell penetration will depend upon the extent of this deficiency and the genotype of the zygote concerned. Zygotes of XX and of XY genotypes will be affected with equal frequency. Some of the patients who suffer from Klinefelter's syndrome with male genetic sex are examples of some acquired but usually unrecognized lesion of the testis which destroys the basement membrane and brings about the same clinical and histological picture.

If this concept of Klinefelter's syndrome is correct, there are really three types of this condition.

(1) Chromosomal females in whom degeneration of the germ plasm has proceeded to such a stage that this ovarian organizer can no longer induce adequate cortical development in the indifferent gonad, which consequently develops as a testis.

(2) Chromosomal males in whom the degeneration of the germ plasm, while not sufficiently severe to produce Turner's syndrome, is yet sufficiently advanced to cause infertility and the features of Klinefelter's syndrome.

(3) Chromosomal males in whom some pathological process, the nature of which is unknown, has destroyed the basement membrane and hence the fertility and the development of the testis.

So far it has not been possible to distinguish these three groups by any clinical or laboratory evidence, and the histological features of the testis appear to be similar in all three groups.<sup>18</sup> The patients of Group I will be recognized by the female

TABLE XI  
Clinical Features of Six Patients with Klinefelter's Syndrome

Case Number	Height (Inches)	Weight (Pounds)	Span (Inches)	T <sub>1</sub> S (Inches)	L <sub>1</sub> S (Inches)	Erections	Emissions	Pubic Hair		Axillary Hair	Heard	Temporal Hairline	Voice	Age (Years)
								Distribution	Amount					
XXVII	69	132	69½	34	35	Normal	Normal	Male	Normal	Normal	Normal	Recession	Broken	19
XXVI	67½	138	68	33½	34	Normal	Absent	Male	Scanty	Normal	Normal	Recession	Broken	42
XL	65	130	65½	33	32	Normal	Normal	Male	Normal	Normal	Normal	Recession	Broken	20
XXXVIII	70½	146	69½	35	35½	Normal	Normal	Male	Normal	Normal	Normal	Recession	Broken	21
XLVI	69	146	69½	34	35	Normal	Normal	Male	Normal	Normal	Normal	Recession	Broken	18
XXVII	72½	154	72½	36	36½	Normal	Normal	Male	Normal	Normal	Normal	Recession	Unbroken	17

chromosomal pattern of their cells, while those of Groups 2 and 3 will be indistinguishable. Since the gynæcomastia shows no features peculiar to any one of these groups (e.g., age of onset, severity, histology, etc.) and since the testis is similar in all three groups

the chromosomal females it would be expected that chromosomal females may be endowed with breast tissue which is inherently more sensitive to hormonal influences than the breast tissue of genetic males.

TABLE XII  
*Gynæcomastia in Klinefelter's Syndrome*

Case Number	Age at Onset of Gynæcomastia	Severity of Gynæcomastia at First Attendance (Grade)	Duration of Gynæcomastia at Follow-up (Years)	Severity of Gynæcomastia at Follow-up	Duration of Gynæcomastia at Operation (Years)
XXXII	14	II	8	II	—
XXXV	14	III	42	III	—
XL	14	III	—	—	6
XXXVIII	13	III	11	III	—
XLVI	14	II	—	—	6
XXVII	14	II	4	II	—

Certain workers<sup>100, 109</sup> have described features by which the testes of cases showing female chromosomal sex can be distinguished from those showing male chromosomal sex. In the former, tubules are smaller, less regularly spaced, and more severely hyalinized, they are also less likely to show complete spermatogenesis. These differences do not however affect the overall picture, which is one of germinal cell failure and clumping of Leydig cells.

TABLE XIII  
*Duration of Gynæcomastia in Klinefelter's Syndrome*

Duration of Gynæcomastia (Years)	Patients Submitted to Operation (4)	Patients Not Submitted to Operation (2)
<8	1	2
>8 <20	2	—
>20	1	—

... six cases of Klinefelter's syndrome are shown. Small testes and gynæcomastia were present from early childhood, and were evident during puberty, although it is not evident in the testes before puberty. In spite of the fact that the testes were small, they were larger than the scrotal contents in prepubertal testicular failure, being roughly  $1.5 \times 1.0 \times 0.5$  cm. It can be seen that eunuchoidism

and decisive evidence of failure of secondary sexual development were absent in these patients (Table XI). Gynæcomastia appeared at about the age of 14 years and reached Grade II or III severity (Table XII). Pain and secretion from the breasts were absent. The breast development soon reached its greatest extent and remained at this level indefinitely; in no case was spontaneous remission seen (Table XIII). None of these patients showed acne; in fact, their skins were remarkably clear. No relevant findings were discovered in the previous health of these patients, and in particular no history suggestive of attacks of orchitis was discovered.

cells (Table XV).

TABLE XIV  
*Laboratory Investigations in Klinefelter's Syndrome*

Case Number	17-Ketosteroids (Mg per 24 hours)	Urinary Gonadotrophins (Mouge Units per 24 hours)	Semen (Number of Examinations)	Epiphyses (Age at Examination)
XXXII	8.4 9.8	>96 >96	Azoospermia (5)	Normal for age (19)
XXXV	9.0 4.0 6.3	>48 <96 >96 >96	No ejaculate (—)	Epiphyses fused (56)
XL	11.7 12.4 14.2 10.8	>96 >96 >96	Azoospermia (3)	Normal for age (16)
XXXVIII	11.0 12.4	>96 >96	Azoospermia (3)	Normal for age (14)
XLVI	10.0 12.4 11.2	>96 >96 >96	Azoospermia (3)	Normal for age (15)
XLVII	8.9 9.4	>96 >96	Azoospermia (2)	Normal for age (16)

The essential features of Klinefelter's syndrome, as the term is used in this book, are (i) gynæcomastia, (ii) testicular atrophy, (iii) defective spermatogenesis, (iv) raised urinary gonadotrophin, (v) clumping of Leydig cells.

These changes may be reduced to a sort of common denominator, because defective spermatogenesis of the degree encountered in Klinefelter's syndrome leads to raised urinary gonadotrophins and to testicular atrophy, since the bulk of the

of Leydig cells

It will be shown elsewhere that this combination of signs is seen in a number of diseases (e.g. male pseudohermaphroditism, diseases of the spinal cord, leprosy, thyrotoxicosis, etc.). It is therefore tempting to suggest that the

A number of workers have described the occurrence of hyperplasia of the interstitial cells of the testis accompanied by defective spermatogenesis. This histological picture is seen as the result of a great variety of morbid and experimental processes.

TABLE XV  
*Testicular Biopsies in Cases of Klinefelter's Syndrome*

Case Number	Basement Membrane	Germinal Epithelium	Leydig Cells	
			Distribution	Appearance
XXXII	Hyalinization well marked	Normal spermatogenesis absent Some tubules contain only Sertoli cells	Prominent clumps	Eosinophilic, moderately granular
XXXV	Increased thickness Hyalinization and fibrous thickening well marked	Normal spermatogenesis absent Some tubules contain only Sertoli cells	A few small clumps only	Small, pale, granular
XL	Hyalinization well marked	Normal spermatogenesis absent Some tubules contain only Sertoli cells	Prominent clumps	Eosinophilic, moderately granular
XXXVIII	Hyalinization well marked	Normal spermatogenesis absent Some tubules contain only Sertoli cells	Prominent clumps	Eosinophilic, moderately granular
XLVI	Hyalinization well marked	Normal spermatogenesis absent Some tubules contain only Sertoli cells	Prominent clumps	Eosinophilic, moderately granular
XXVII	Increased thickness Hyalinization well marked	Normal spermatogenesis absent Some tubules contain only Sertoli cells	Prominent clumps	Very eosinophilic and granular

the shrinkage of the tubules lowers the pressure exerted upon the interstitial cells, thereby allowing the nests or groups of these cells to expand. He adds that the hyperplasia may be so extreme as to maintain the size of the testis in the face of considerable shrinkage of the tubules.

Among the conditions which can give rise to these changes are the following:

Chronic diseases. Pulmonary tuberculosis, cachexia in carcinoma, cardiac failure, chronic nephritis, syphilis, leprosy, untreated advanced diabetes mellitus, pernicious anemia.

Acute illnesses. Pneumonia, pulmonary tuberculosis, typhoid fever, polyarthritis.

Miscellaneous. Senile testicular atrophy, undescended testes.

Jemerin quotes Kaufman<sup>20</sup> as stating that, in general, in diseases associated

completely destroyed, the hyperplasia is great.

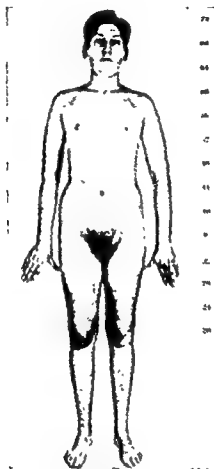


FIGURE 11  
Klinefelter's syndrome showing gynecomastia and small testes without eunuchoidism

intensive or long-lasting to produce at least cessation of spermatogenesis

Féhzet and Branca<sup>23</sup> state that in undescended testes interstitial cells are rarely seen before puberty. However, in ectopic testes removed after puberty they found atrophy of the seminiferous tubules, accompanied by an increase of the interstitial cells between the tubules, to be the rule

In support of these observations Jemerin<sup>19</sup> has quoted certain experimental observations. The testes of dogs were exposed to roentgen irradiation and biopsies taken after each of three successive exposures. The testes were finally reduced to about half of normal size. After each exposure atrophy of the germinal epithelium was more advanced, and hyperplasia of the interstitial cells became more evident. The authors (Kyle<sup>22</sup> and Simmonds<sup>24</sup>) concluded that Leydig cell hyperplasia was secondary and compensatory to the parenchymal degeneration. This concept was emphasized by the observation that when recovery was permitted after atrophy of the parenchyma had not proceeded too far, regeneration of the epithelium occurred, followed by regression of the interstitial cell hyperplasia.

Bouin and Ancel<sup>21</sup> ligated the vas deferens of young rabbits and found that the seminiferous tubules contained no spermatozoa and only a few germinal cells, while there was slight hypertrophy of the interstitial cells. When this procedure was performed on one side and the opposite testis removed, after a period of six months the tubules came to contain only Sertoli cells and a few spermatogonia, while the "interstitial gland" was enormously hypertrophied.

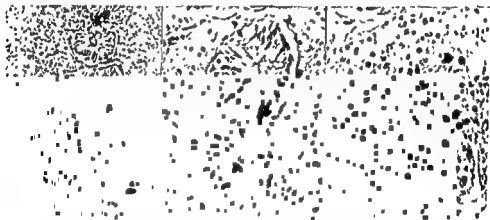


FIGURE 12

The testes in Klinefelter's syndrome. (A) Clumps or masses of interstitial cells between atrophic tubules. (B) Tubules lined by Sertoli cells. Hyalinization of the basement membrane is seen in the tubule on the left. (C) A typical clump of interstitial cells.

In the regeneration of the testes of dogs exposed to radiation, the parenchyma recovered before the interstitial cell hyperplasia regressed. Similarly, in experimental ligation of the vas deferens, defects of spermatogenesis preceded the changes in the Leydig cells. Again, some of these causative conditions occasionally produce cells but never for these reasons to those in the Leydig cells and that the latter were compensatory. From his use of the term hyperplasia and from his concept of the pathogenetic basis of the changes in the Leydig cells, it is clear that Jemerin regarded the latter as more than a relative increase in number and prominence.

Summarizing these observations, Jemerin states that "in any condition, local, general or experimental, in which cessation of spermatogenic activity and tubular atrophy occur, hyperplasia of the interstitial cells may secondarily ensue. The secondary hyperplasia may be so marked as to form almost the entire stroma and even to maintain the size of the testicle despite marked tubular atrophy." He goes on to suggest that the hyperplasia may cause further tubular atrophy by pressure. "The primary and initiating factor, however, is the parenchymal destruction."





cells do not usually show mitoses, while occasional mitotic figures are encountered in the clumps of these cells seen in Klinefelter's syndrome<sup>106</sup> Such mitotic figures were found in all six testicular biopsies of the patients with Klinefelter's syndrome described in this chapter.

In order to explore the possibility that the condition of the Leydig cells in Klinefelter's syndrome does not result from an anatomical rearrangement in the testis as the result of destruction of tubules, some estimate of the volume occupied by these cells is required. Experiments of this nature have been undertaken at Guy's Hospital. P<sub>1</sub> of testicular biopsy

thin The areas oc

From the relative weights of the Leydig cell areas and total area it is possible to calculate the relative area occupied by Leydig cells, and from this relative area the proportionate volume of Leydig cells is calculated and expressed as a percentage, thus

$$\text{Proportionate volume } p = \frac{A_1 \times P_1}{A_1}$$

where  $A_1$  is the area of one field and  $P_1$  is the proportionate area of Leydig cells, i e

$$\frac{\text{Area of Leydig cells}}{\text{Total area}}$$

This technique is a modification of that described by Eranko<sup>22</sup> and was devised by Dr G Thomas of Guy's Hospital

Table XVI shows the change in volume of the tubules calculated as the cube of the mean tubular diameter The expected proportionate volume of Leydig cells is calculated by assuming that this will increase in proportion to the fall in volume of the tubules. In five cases the observed proportionate volume of Leydig cells exceeds that expected on the basis of these calculations The sixth case is that of a man aged 56 years who 14 years The fact that this biopsy is may explain the fact that clump ortunately the exact dimensions of a whole testis in Klinefelter's syndrome have never been reported External measurements of the testis in the scrotum are so inaccurate as to be worthless, but even these rough dimensions suggest that the reduction of testicular volume is greater than the decrease in testicular volume calculated above This is probably

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Leydig cells result from relative prominence of the interstitial tissue does not provide an entirely satisfactory explanation for the appearance of these cells in the clumps characteristic of Klinefelter's syndrome and that the possibility of a true increase in the number of Leydig cells must be considered It is to be hoped that careful measurements of testicular volumes in Klinefelter's syndrome will be undertaken in

t and Branca<sup>23</sup>  
lis appeared in  
large clumps At puberty the interstitial cells are subjected to gonadotrophic stimulation from the adenohypophysis, and it is probable that the appearance of these cells in clumps represents a response to such stimulation If we now consider some of the conditions which lead to destruction or loss of germinal epithelium and clumping of Leydig cells, it will be seen that these changes are encountered in genetic females in whom some developmental anomaly has interfered with the development

of tubules, in undescended testes where the tubules themselves have developed

characteristic appearance, which is essentially indistinguishable, regardless of the cause. It seems likely that the appearance of the Leydig cells from causes as diverse as a developmental anomaly on the one hand and a progressive disease of adult life on the other, is more readily understood as the result of hormonal stimulation of these cells than as an architectural change brought about by loss of elasticity or

TABLE XVI

Case Number	Mean Diameters of 100 Tubules (Mm)			Percentage Distribution of the Three Groups of Tubules			Mean Diameter <sup>a</sup> (C mm) $\times 10^{-4}$	Pro-portionate Volume of Leydig Cells (Observed)	Expected Pro-portionate Volume of Leydig Cells
	(a)	(b)	(c)	(a)	(b)	(c)			
XXIX	0.06 x 0.09	0.08 x 0.13	0.15 x 0.14	25	15	60	22	46.1	14
XXXV	0.06 x 0.09	0.09 x 0.14	0.14 x 0.16	59	20	21	10	5.0	30
XL	0.07 x 0.10	0.08 x 0.13	0.14 x 0.16	23	18	59	22	35.0	14
XXXVIII	0.06 x 0.09	0.05 x 0.13	0.14 x 0.15	22	19	59	17	48.1	18
XXVII	0.06 x 0.10	0.07 x 0.13	0.14 x 0.15	19	23	58	22	30.0	14
XLVI	0.06 x 0.09	0.05 x 0.14	0.14 x 0.15	20	28	52	17	39.2	18
10 normal controls	0.14 x 0.17			—	—	—	41	7.5	—

pressure following the destruction of tubules. This is especially so in the case of

that no histological distinction can be drawn between the testes in Klinefelter's syndrome in genetic females and in genetic males.\*

It is therefore proposed that the term Klinefelter's syndrome is at the present stage of our knowledge a useful one and is most useful if reserved for a condition involving gynecomastia, defective spermatogenesis, azoospermia and raised urinary

gonadotrophins without eunuchoidism but with normally developed male secondary

males. The tubules show hyalinization of the basement membrane because their development is, as it were, half-hearted. This group can be called true Klinefelter's syndrome, and rarely the full pattern of spermatogenesis is seen in an occasional tubule, pointing to a potentially complete reversal of sex.<sup>4</sup> In other cases, in chromosomal males, the testis is affected by some inflammatory or degenerative process the nature of which is obscure and the onset usually latent. In either case,

abnormal relationship is clumping of Leydig cells and gynæcomastia. The same changes can occur in chromosomal males in whom the germ plasm is deficient (see page 57).

A similar assault on the testis may occur in adult life and change the normal balance between testis and pituitary to an abnormal one, like that seen in Klinefelter's

are consistently associated with gynæcomastia. The diseases which have been found to produce this sequence of events are

- (1) Klinefelter's syndrome
- (2) Tumours of the testis
- (3) Radiation of the testis
- (4) Leprous orchitis
- (5) Mumps orchitis
- (6) Hyperthyroidism
- (7) Male pseudohermaphroditism
- (8) Traumatic paraplegia
- (9) Friedreich's ataxia
- (10) Dystrophia myotonica

The term Klinefelter's syndrome is reserved for those cases with hyalinization of the basement membrane of unknown aetiology, originally described by Albright and his colleagues,<sup>14</sup> including cases of female genotype.<sup>4</sup>

Nelson<sup>15</sup> believes that the appearance of the testis in male pseudohermaphroditism is more in favour of the idea that the Leydig cells produce the oestrogens which stimulate and maintain the development of the breasts in this condition. He has histological evidence to support this belief and considers that extra-

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gona-

Here we have a condition in which gonadotrophin levels and testicular syndrome, except that hyalinization of the basement membrane is less evident. If the Leydig cells secrete oestrogens in this condition, it is likely that they do so in response to pituitary stimulation since oestrogenic activity first appears at puberty, i.e. at a time when the pituitary gland is actively secreting gonadotrophic hormones. The clumps of Leydig cells may then be under the influence of the interstitial cell-stimulating hormone (ICSH).

If the possibility that the Leydig cells in Klinefelter's syndrome have been stimulated by an increase in the production of ICSH be considered, some explanation of the increase in the production of ICSH after puberty testicular

and that castration in this condition causes regression of breast development (see page 99) 101

If the testis of Klinefelter's syndrome plays some part in the production of gynæcomastia, it seems logical to attribute this action to the Leydig cells, since the Sertoli cells show no evidence of overactivity and in advanced cases become almost obliterated. The cells of Leydig secrete androgens and probably also oestrogens,<sup>48</sup> but until more refined methods are available for estimating urinary oestrogens, the hormone(s) responsible for the gynæcomastia of Klinefelter's syndrome will remain

syndrome (see page 134)

It is offered as a hypothesis that gonadotrophic stimulation (by ICSH) of the Leydig cells may lead to the development of gynæcomastia. Sometimes this stimulation is part of the physiological processes of puberty (subareolar node and

of or the production of these abnormal quantities of ICSH from the pituitary

Gynæcomastia does not always follow destruction of the germinal epithelium and clumping of Leydig cells. Jemern makes no mention of gynæcomastia in the numerous conditions which he describes as associated with clumping of Leydig cells

tissue are important in this respect

Recent studies<sup>110</sup> of nuclear sex in Klinefelter's syndrome have produced interesting but confusing data. For example, in some cases a disparity between the chromosomal pattern in skin cells and neutrophil leucocytes has been reported. Evidence has also been produced for possible translocation of the autosomal elements involved in sex determination, i.e. chromosomal males could possess less than their share of autosomal sex determining factors (MXY) and chromosomal females could possess more than their share of these factors (MMMXX). These interesting possibilities are purely speculative at present, but are being subjected to further exploration

## TUMOURS

Certain tumours of the testis may be associated with gynæcomastia, and although they represent an uncommon cause of this condition the association is important from a diagnostic point of view. The following tumours have been reported in association with gynæcomastia: (i) chorionepithelioma, (ii) seminoma, (iii) interstitial cell tumour, (iv) Sertoli cell tumour, (v) adreno-cortical rest tumour

Sarcoma of the testis has been reported<sup>49</sup> as a cause of gynæcomastia, but this claim has not been supported by histological data. Similarly, one case of a tumour

of the epididymis associated with gynæcomastia was reported by Gallert<sup>50</sup>. Such tumours are very rare, and the association with gynæcomastia may have been fortuitous. Moreover, in both cases the nature of the tumour must remain in doubt.

#### CHORIONEPITHELIOMA

Chorionepithelioma is more frequently associated with gynæcomastia than other testicular tumours. This association was first described by Cooke in 1915, and Gilbert<sup>52</sup> reviewed the literature on the subject. Gilbert's paper is based upon 123 cases of choriocarcinoma of the testes, extragenital choriocarcinoma and teratoma of the testis with choriocarcinoma in metastases. Bilateral gynæcomastia was present in most cases, and in many a white fluid could be expressed from the nipple. On the basis of these cases, Gilbert described a syndrome of choriogenic gynæcomastia, characterized by the following features:

- (1) Chorionepithelioma is found in the primary testicular tumour or in its metastases.
- (2) Gynæcomastia, usually bilateral, is often the only clinical symptom present.
- (3) The areolæ usually show increase in size and/or hyperpigmentation.
- (4) Milky fluid can be expressed from the nipple, and there may be microscopic evidence of secretory activity in the breast.
- (5) Chorionic gonadotrophin is present in the urine (sometimes in very large quantities). Œstrone may be present in the urine in abnormal concentrations.
- (6) The anterior pituitary gland shows the so-called "pregnancy cells".
- (7) Hyperplasia of the prostate and seminal vesicles sometimes occur.

The term pregnancy cell refers to the hypertrophic basophil cell found in the adenohypophysis during pregnancy.

#### Mechanism of Production of Gynæcomastia

The observations of Gilbert recall the action of chorionic gonadotrophin upon the normal adult testis. Maddock and Nelson<sup>53</sup> showed that the hormone produced  
 1 urinary Œstrogens  
 2 gynæcomastia by  
 3 Moreover, Shumkin<sup>54</sup>  
 4 upon the mammary  
 5 is hormone upon the

breast is indirect

Hyperplasia of Leydig cells in both the chorionepithelioma is reported by Arendt<sup>55</sup> cells in testes of normal size among his own of spermatogenesis in the unaffected testis. The facts at present available do not permit a final statement, but it seems likely that there are two possible explanations for the gynæcomastia seen in chorionepithelioma of the testis—namely, that the tumour secretes chorionic gonadotrophin in such concentration as to stimulate the cells of Leydig to produce an Œstrogenic (or possibly an androgenic) hormone, which in turn stimulates the development of breast tissue,<sup>52</sup> or alternatively, that the tumour itself secretes Œstrogens, which cause gynæcomastia. The correlation between hyperplasia of Leydig cells and a high output of gonadotrophins has not been established in the cases so far reported, although in one series it is likely that such a correlation existed.\*

Since large doses of chorionic gonadotrophin have been shown to cause damage to the germinal epithelium, it is not unlikely that atrophy of the contralateral testis in patients suffering from chorionepithelioma could result from the production of this hormone by the tumour. Until more is known of the action of chorionic

\* In a personal communication (1954) Dr R. A. Moore stated that the data in this series were derived from several sources and that the normal ranges of the gonadotrophin assays mentioned could not be stated with any precision.

gonadotrophin upon other endocrine structures such as the adrenal cortex, and until the possibility that these tumours secrete oestrogens has been explored, the mechanism of gynæcomastia in the presence of chorionepithelioma is attributed to the action of chorionic gonadotrophin upon the interstitial cells, which are stimulated to secrete excessive concentrations of oestrogens.

Although chorionepithelioma is a rare cause of gynæcomastia, Gordon-Taylor and Tull<sup>44</sup> have pointed out that in this group of tumours gynæcomastia indicates a poor prognosis. Less often gynæcomastia is an early sign in chorionepithelioma, and urinary assay for chorionic gonadotrophin should be undertaken in cases of gynæcomastia affecting young men between 19 and 40 years of age in whom no other cause of gynæcomastia can be found.

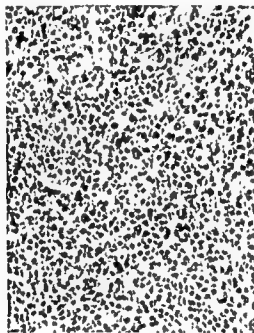


FIGURE 13

Seminoma of the testis in a patient who showed well developed gynæcomastia. The uniform cellular appearance of this type of tumour is well shown.

### SEMINOMA

It is not generally recognized that seminoma may occasionally cause gynæcomastia. The nomenclature of testicular tumours is somewhat confusing, so that it is difficult to assess the incidence of this association from reports in the literature. Herzenberg<sup>47</sup> has recorded a case of seminoma with gynæcomastia, and the following patient, who showed gynæcomastia and seminoma, was seen at Guy's Hospital.

At the age of 32 years the patient consulted a doctor because of enlargement of the testes. At that time the testes were of normal size. Biopsy of the left testis showed seminoma. At operation the gynæcomastia was confirmed. The microscopic features showed the characteristic destruction of germinal epithelium. Urinary gonadotrophin test before operation was negative.

*Mechanism of Gynæcomastia*

Ferguson and his colleagues<sup>58</sup> showed that a quantitative modification of the Aschheim-Zondek test gave the following results in 117 cases of malignant disease of the testes:

Adult teratoma	-	50- 500 units
Seminoma	.. ..	400- 2,000 units
Embryonal carcinoma	.. ..	2,000-10,000 units
Choriocarcinoma	.. ..	10,000-40,000 units
Normal male urine		<52 units

Today, however, such diagnostic accuracy is not expected of the Aschheim-Zondek test.

Hamburger and Godtfredsen<sup>59</sup> studied the hormonal changes in cases of seminoma of the testis. They concluded that an increase was found in 75% of cases of seminoma, and a pituitary origin by means of three observations:

1. Gonadotrophin found in the urine of castrates.

2. In 75% of patients with seminoma urinary gonadotrophin levels between 50 and 400 mouse units were found before surgical or radio-therapeutic treatment. These levels are similar to those found in castrates, but were not found after the removal of the affected testis, even in the presence of metastases. Urinary oestrogen levels as measured by bioassay were normal, and urinary androgens were reduced to levels found in normal subjects after the removal of one testis, in the treatment of conditions other than seminoma. The authors suggested that the rise in urinary androgens by the testes

is the cause of gynæcomastia in the castrate, and the findings of

Hamburger and Godtfredsen relate to cases without gynæcomastia. Seminoma rarely causes gynæcomastia, but the case reported above indicates that breast stimulation may be an early symptom, so that careful and repeated examination of gynæcomastia in adult men is warranted. A number of reports suggest that the histological identity of the

**INTERSTITIAL CELL TUMOURS**

Interstitial cell tumours of the testis, and in 1895 Sacchi<sup>60</sup> described these cells without realizing that he was describing Leydig cells. Rowlands, Nicholson and Webster<sup>61</sup> were the first to describe a case of interstitial cell tumour in which the clinical picture was correlated with a detailed pathological description of the tumour.

The tumour may resemble interstitial

*Clinical Picture*

Before puberty, interstitial cell tumours cause sexual precocity, as distinct from precocious puberty.<sup>62-65, 49</sup> That is to say, although the penis and secondary sexual characteristics of the testes (apart from the tumour) remain normal. The tumour may be so small as to escape detection, but it is difficult, because adrenocortical hyper-

function may produce the same clinical picture. Under these circumstances, when a tumour is felt in one testis, the diagnosis lies between an interstitial cell tumour and an adrenal rest tumour. The distinction in this case can only be made histologically.<sup>44</sup> Sometimes adrenal rest tumours are bilateral, so that both testes are enlarged. In this case the diagnosis lies between precocious puberty of cerebral or idiopathic origin with spermatogenesis and consequent testicular enlargement on the one hand and bilateral adrenal rest tumour on the other.<sup>45</sup> This distinction can be made by testicular biopsy, which will reveal the presence or absence of spermatogenesis.

In adults, interstitial cell tumours, for the most part, present as testicular

by modern methods have not been available in the reported cases showing gynæcomastia.<sup>47</sup> It is therefore not possible to draw any final conclusions about the pathogenesis of gynæcomastia in those patients who show precocious puberty and all the expected effects of increased androgen secretion in addition to gynæcomastia. Unfortunately, the cases so far reported have not been accompanied by sufficient evidence to exclude the possibility of adrenal rest tumours.<sup>47</sup>

The pathogenesis of gynæcomastia in patients suffering from interstitial cell tumours leads once more to the disputed origin of testicular oestrogens. In spite of convincing evidence that Sertoli cell tumours in dogs produce oestrogens,<sup>48, 49, 50</sup> there is still much evidence in favour of the Leydig cells as a source of oestrogens. Maddox and Nelson<sup>51</sup> have reported a series of experiments which indicate that

contained fully differentiated Leydig cells, and castration led to signs of oestrogen withdrawal and a fall in the level of urinary oestrogens. Nelson concluded that the Leydig cells constituted a more probable source of oestrogens than the Sertoli cells.

These observations are not necessarily mutually exclusive. Perhaps both cells can produce oestrogens. The activity of neoplastic tissue may not provide reliable evidence of the functional capacity of a normal cell or may present a distortion of

reconciled in such a way as to explain the source of testicular oestrogens under physiological conditions.

Two examples of feminizing interstitial-cell tumours have been reported in dogs,<sup>70, 71</sup> and in one of these<sup>71</sup> elaborate hormone studies were made. Bioassay

authors believe that these findings are in favour of oestrogen secretion by the tumour rather than conversion of androgens to oestrogens.

The best chemical studies are those of Maddox and Nelson.<sup>51</sup>

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performed as shown in Table XVIII



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Further studies are required in order to establish the cause of gynæcomastia in seminoma. The state of the Leydig cells has not been reported, and the findings of Hamburger and Godtfredsen relate to cases without gynæcomastia. Seminoma rarely causes gynæcomastia, but the case reported above indicates that breast stimulation may be an early symptom, so that careful and repeated examination of the testes is required in cases of gynæcomastia in adult men. A number of reports of seminoma in the literature are confusing because the histological identity of the tumours reported has not been clarified.

**INTERSTITIAL CELL TUMOURS**

In 1850 Leydig described the interstitial cells of the testis, and in 1895 Sacchi<sup>60</sup> described the first case of a tumour of these cells without realizing that he was presenting the clinical picture of over-activity of Leydig cells. Rowlands, Nicholson and Webster<sup>61</sup> were the first authors to describe a case of interstitial cell tumour in

*Clinical Picture*

Before puberty, interstitial cell tumours cause sexual precocity, as distinct from precocious puberty<sup>62-65, 69</sup>. That is to say, although the penis and secondary sexual characteristics are well developed, they are  
consistent in size with the patient's age<sup>66</sup>  
detection, in which case the diagnosis is

In addition, the titre of urinary chorionic gonadotrophin was negative at 750 I.U. per 24 hours and that of FSH was positive at 13 and negative at 52 M U per 24 hours.

The affected testis contained a tumour which proved to be of interstitial cell type, while the remainder of the testis showed defective spermatogenesis with few spermatis and no more than occasional spermatozoa.

This case is instructive in several ways. In the first place, urinary oestrogen levels are only slightly raised, although gynecomastia was recent and pronounced and the state of the germinal epithelium compatible with recent exposure to oestrogens. This must mean that either the secretion of oestrogens was variable or slight increase in urinary levels is compatible with marked gynecomastia (including pain and secretory activity) and defective spermatogenesis. It is therefore not surprising that high urinary oestrogens have not been reported in essential gyneco-

TABLE XVIII  
Hormone Assays in Interstitial Cell Tumour of the Testis  
(Case of Herrmann *et alii*<sup>19</sup>)

Urinary Steroid	Pre-operative Value per 24 Hours	Post-operative Value per 24 Hours	Normal Range (Male)
Iso-androsterone and dehydro- iso-androsterone	2.2 mg	0.9 mg	—
Androsterone	1.2 mg	1.9 mg	—
Ætiocholanolone	2.9 mg	5.0 mg	—
11-oxy-17-ketosteroids	1.8 mg	1.9 mg	—
Oestradiol	15.7 µg	—	< 8.2 µg
Oestrone	6.6 µg	—	< 7.0 µg
Oestradiol-17β	3.2 µg	—	< 1.1 µg

mastia and in conditions associated with clumping of Leydig cells, such a slight increase can be detected only by sensitive methods. It is hard to conceive that the gynecomastia in this patient could be due to any cause other than the direct action of oestrogens upon the breast. Isolated reports of normal urinary oestrogens in patients suffering from gynecomastia should not, therefore, be taken to mean that such gynecomastia cannot be due to excessive secretion of oestrogens.

In the second place, the urinary output of isoandrosterone and dehydroisoandrosterone was high before operation, and an increase in the urinary output of dehydroisoandrosterone has been reported following the administration of oestrogens<sup>21</sup>. Again, the excretion of androsterone and ætiocholanolone (metabolites of testosterone) was low before operation, while that of 11-oxy-17-ketosteroids remained normal, which suggests that the secretion of testosterone was depressed in the presence of the tumour. Modern concepts of the synthesis of hormones suggest a series of equilibria governed by appropriate enzyme systems. The outcome of a given equilibrium is governed, among other factors, by the nature and concentration of the substrate and the nature of the enzyme systems at hand. In consequence, a hormone which it is now established that the body can convert androgens to oestrogens<sup>21, 22, 23</sup>. In any case

TABLE XVII  
Gynæcomastia and Interstitial Cell Tumours

Author	Age (Years)	Gynæcomastia	Libido	Estrogens		17-Keto steroids/24 hours	Urinary Gonadotrophins	Clinical Features
				Urine	Tumour			
Hunt and Budd <sup>28</sup>	42	Bilateral	Decreased	—	12 m u /gm	—	Positive Zondek test	—
Huffman <sup>29</sup>	6	Bilateral	—	—	—	—	Negative Friedman test	Precocious genital development
Nation <i>et al.</i> <sup>31</sup>	30	Bilateral	—	—	—	—	—	Gynæcomastia present two and a half years after operation
Grabstald <i>et al.</i> <sup>32</sup>	32	Bilateral	Decreased	—	—	—	Negative Friedman test	Died of coronary disease one year after diagnosis
Mayers <sup>33</sup>	26	Bilateral	Decreased	4.7 µgm after operation	—	12.3 mg after operation	Profan A normal	Breasts normal 15 months after operation. Libido increased after operation
Christenson and Nettleship <sup>34</sup>	76	Bilateral and transitory	—	—	—	—	—	—
Eisenstadt and Petry <sup>35</sup>	42	Bilateral	Decreased	60 mg* before operation 20 mg* after operation	Raised	13.5 mg (17 OHCS normal)	FSH normal	—
Herrmann <i>et al.</i> <sup>36</sup>	20	Bilateral Tender and secretion present	Decreased	—	See Table XVIII	—	—	Breasts normal nine months after operation. Sperm count and libido normal

\* Normal 4-30 mg Reported as mg by Eisenstadt and Petry, presumably a misprint for µgm

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Oestriol	15.7 $\mu$ g	—	<8.2 $\mu$ g
Oestrone	6.6 $\mu$ g	—	<7.0 $\mu$ g
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there should be no difficulty in accepting the cells of an interstitial cell tumour as the source of oestrogens in the patient described. This observation shows that over-activity of Leydig cells, whether neoplastic or hyperplastic, is sometimes associated with gynæcomastia.

A patient reported by Cook and his colleagues<sup>33</sup> showed an interstitial cell tumour of the testis without gynæcomastia. The urine in this case was studied by chromatographic separation of steroids and was found to contain a high proportion of androsterone and ætiocholanolone but no  $3\beta$ -hydroxysteroids. This information suggests that the urinary steroids were derived from testosterone rather than from adrenocortical steroids, and hence established the nature of the tumour, which on histological grounds might have been confused with an adrenal rest tumour.

### SERTOLI CELL TUMOURS

Sertoli cell tumours might be expected to solve the disputed question of the origin of testicular oestrogens. Huggins<sup>34</sup> described a number of examples of this tumour in dogs which showed feminizing changes including gynæcomastia. These cases include examples of bilateral tumours and of a tumour in an undescended testis. The cells of the tumours contained fat, which distinguished them from germinal cells, and either were minutely tubular or else showed a diffuse, uniform cellularity. The histological appearance of these tumours was quite distinct from that of Leydig cell tumours. The tumours were rich in oestrogens.

Teilum<sup>37</sup> reported a testicular tumour in a man of 53 years, who presented with gynæcomastia of one year's duration, loss of libido, and impotence. The left testis was large and contained a palpable tumour; the right was atrophic. After removal

why some of the former appeared to cause feminization.

Recently, authors have given way before this confusion and prefer to speak of a group of testicular and ovarian tumours as Sertoli-Leydig cell tumours. It is at present impossible to simplify matters any further, and it seems unwise to conclude on the basis of these tumours that a given type of cell produces a certain hormone.

### LEPROSY

Baptista<sup>40</sup> found gynæcomastia in 8.6% of 842 cases of leprosy. Grubb and Swan<sup>41</sup> have reviewed the literature upon the subject, and in one of the cases they described the patient was submitted to breast biopsy, which showed changes typical of gynæcomastia (see page 22).

The changes in the testis in leprosy occur in three stages,<sup>41</sup> a vascular phase, an interstitial cell phase, and an obliterative phase.

**Vascular Phase (Acute Leprous Orchitis)**—In the vascular phase infiltration of the walls of blood vessels of all sizes by lymphocytes is the earliest change to be seen. The wall of the vessel increases in thickness at the expense of the lumen, and lepromata are seen as nodules projecting into the lumen. Lymphocytes are also seen in the perivascular and interstitial tissue. All stages of spermatogenesis are seen, the basement membrane is normal, and both Sertoli and Leydig cells are histologically intact.

**Interstitial Cell Phase**—The interstitial cell phase, which imperceptibly follows the first, begins as a reactive, obliterative endarteritis. Leydig cells are very

prominent, appearing in masses or clumps, and fibrous strands appear in the interstitial tissue. The vessel walls remain thick, but lack the stigmata of inflammation seen in the previous stage. The seminiferous tubules are small, and in most cases they contain only Sertoli cells with occasional spermatogonia, but no spermatids. The basement membrane is thicker than normal, and concentric lamellæ of fibrous tissue are laid down. At the same time the interstitial tissue is seen to contain diffuse collagenous deposits with aggregations of Leydig cells, which are larger, more granular and more eosinophilic than normal. Many Leydig cells contain coarse brown granules.

*Obliterative Phase.*—The obliterative phase gradually follows, and the vasculature of the testis is further impaired. The outlines of the tubules are finally lost in the progressive fibrosis which follows. Bacilli are usually absent.

were more common in the lepromatous than in the tuberculoid type of leprosy. In patients with testicular atrophy, 17-ketosteroid excretion was normal and the level of urinary gonadotrophins was raised. These observations recall the reciprocity which appears to exist between the Leydig cells and the adrenal cortex (page 54). Cases with adrenal amyloidosis may have shown clumping of Leydig cells with greater regularity because these cells were called upon to compensate for loss of adrenal androgens.

The authors drew attention to the similarity between the final stages of leprous orchitis and Klinefelter's syndrome. Small testes, gynæcomastia, raised urinary gonadotrophins, clumping of Leydig cells and only Sertoli cells within the tubules are common to both conditions. Azospermia is not mentioned in the cases of leprous orchitis, but in view of the histological appearance of the testis it seems unlikely that the semen could contain mature sperms.

The interest in leprous orchitis lies in the fact that the pathogenesis of the condition has been followed in detail and shown to lead to the same end result as other

as in the case of Klinefelter's syndrome (see page 69)

### MUMPS ORCHITIS

Cases of bilateral orchitis followed by atrophy have been reported.

following bilateral mumps orchitis in a soldier.

Histological findings of the testis in mumps orchitis have been reported infrequently. Recalus<sup>65</sup> described the condition as a parenchymatous sclerosis, and Malasez<sup>66</sup> states that the interstitial tissue is normal but the tubules contain no germinal epithelium. Wesselhoef,<sup>67</sup> in a study of biopsy specimens taken during incision of the tumour in order to allow expansion of the swollen testis, describes the presence of inflammatory tissue represented by lymphocytes and polymorphonuclear cells. Wesselhoef produced a similar histological picture by injecting the saliva of patients with mumps into the testes of cats.

However, in those patients who developed gynæcomastia following mumps orchitis an interval of six to 12 months elapsed between the attack of mumps and the first appearance of gynæcomastia. We are therefore concerned with the histology of the testis after the acute orchitis has subsided. Howard *et alii*<sup>48</sup> studied the

patients who suffered testicular atrophy. The authors described destruction leaving only Sertoli cells. Some thickening of the basement membrane occurred, and clumping of Leydig cells was prominent. Urinary gonadotrophin levels were raised, while 17-ketosteroid excretion was normal. So far no report is available of the histology of the testis in patients showing gynæcomastia after mumps orchitis.

Gynæcomastia is not a common complication of mumps orchitis. Four patients with bilateral testicular atrophy following mumps orchitis have been seen at Guy's Hospital, and none of these showed gynæcomastia.

The resemblance of the testis affected by mumps orchitis to that of Klinefelter's syndrome is quite striking, and it is tempting to suggest that the same mechanism produces gynæcomastia in the two conditions, although proof of this hypothesis is lacking. The fact that mumps orchitis does not surprise, since none of the known cases of this symptom.

#### BILATERAL ORCHITIS OF UNKNOWN ÆTIOLOGY

patients suffering from Klinefelter's syndrome is simply one of failure of testicular development, together with the appearance of gynæcomastia at puberty. Presumably the same clinical picture could follow any condition which causes destruction of the germinal epithelium. In the cases of atrophy of unknown ætiology no retrospective evidence of syphilis, gonorrhœa, tuberculosis or mumps could be found.

Three patients who belong to this group were studied at Guy's Hospital. Of these, two were typical examples of Klinefelter's syndrome, differing from other examples of this syndrome only in the history of acute orchitis. The third patient suffered an attack of pain in the testes with urethral discharge at the age of 14 years. This attack lasted three weeks, and the testes remained small thereafter. At the age of 22 years the patient noticed swelling of the right breast. He had suffered an attack of mumps without orchitis at the age of eight years. The patient was of normal stature and showed pubic hair of female distribution. 17-ketosteroid excretion was normal, and the level of urinary gonadotrophins was raised. Testicular biopsy (Figure 14) from both testes revealed defective spermatogenesis of such severity as to lead to the appearance of Sertoli cells only within the tubules. The basement membrane was normal in most tubules and showed slight hyalinization in the remainder. Leydig cells were prominent and occurred in large clumps between the tubules. No evidence of mumps, tuberculosis, gonorrhœa or syphilis could be discovered in the history or in the laboratory examinations.

This patient differs from those suffering from Klinefelter's syndrome in the  
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 of the germinal epithelium, clumping of Leydig cells and gynæcomastia.

It is possible that this syndrome of orchitis followed by Klinefelter's syndrome is not rare but has either escaped detection through lack of follow-up studies or has not

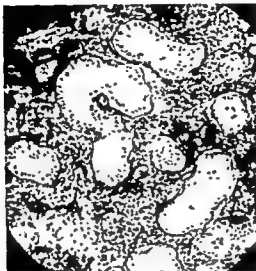


FIGURE 14

The testis in a patient who showed all the features of Klinefelter's syndrome and who gave a history of an attack of orchitis. Tubules are lined by Sertoli cells, and some thickening of the basement membrane is evident. A group of well developed darkly stained interstitial cells is seen.

### RADIATION OF THE TESTIS

Woodham<sup>12</sup> reported three cases of gynæcomastia occurring in men who had undergone operations for testicular tumours and thereafter been subjected to deep X-ray therapy. The records of these patients have been made available through the kindness of Dr. Levitt of St. Bartholomew's Hospital.

#### CASE I

On February 13, 1935, at the age of 32 years, the patient underwent left orchidectomy for teratoma.

From February 18 to March 26 deep X-ray treatment was given to the whole pelvis, scrotum and right half of the abdomen.

On September 3 gynæcomastia affecting the right breast was noticed at a follow-up examination. The swelling was painful and had not been present at the previous visit in June.

On October 10 bilateral gynæcomastia was discovered.

On October 17 both breasts were removed surgically. The pathologist reported the presence of "hyperplasia of the breast tissue, with dilatation of the duct system and increase in the stroma."



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The resemblance of the testis affected by mumps orchitis to that of Klinefelter's syndrome is quite striking, and it is tempting to suggest that the same mechanism produces gynæcomastia in the two conditions, although proof of this hypothesis is lacking. The fact that mumps orchitis does not often produce gynæcomastia is not surprising, since none of the known cases of gynæcomastia invariably produce this symptom.

#### BILATERAL ORCHITIS OF UNKNOWN ÆTIOLOGY

Sometimes a clinical syndrome results from orchitis of unknown aetiology. It has often been suggested that certain cases of Klinefelter's syndrome follow some form of orchitis which may not be recognized.<sup>4, 18</sup> Usually the history given by patients suffering from Klinefelter's syndrome is simply one of failure of testicular development, together with the appearance of gynæcomastia at puberty. Presumably the same clinical picture could follow any condition which causes destruction of the germinal epithelium. In the cases of atrophy of unknown aetiology no retrospective evidence of syphilis, gonorrhœa, tuberculosis or mumps could be found.

Three patients who belong to this group were studied at Guy's Hospital. Of these, two were typical examples of Klinefelter's syndrome, differing from other patients in the history of acute orchitis. The third patient was of 14 years of age. At the age of 22 years the patient noticed swelling of the right breast. He had suffered an attack of mumps without orchitis at the age of eight years. The patient was of normal stature and showed pubic hair of female distribution, 17-ketosteroid excretion was normal, and the level of urinary gonadotrophins was raised. Testicular biopsy (Figure 14) from both testes revealed to lead to the appearance of Sertoli membrane was normal in most of the remainder. Leydig cells were prominent and occurred in large clumps between the tubules. No evidence of mumps, tuberculosis, gonorrhœa or syphilis could be discovered in the history or in the laboratory examinations.

This patient differs from those suffering from Klinefelter's syndrome in the fact that hyalinization was not a prominent feature of the testicular biopsy and in the history of acute orchitis of unknown cause. Whatever the nature of the illness at the age of 14 years, this patient is another example of the combination of destruction of the germinal epithelium, clumping of Leydig cells and gynæcomastia.

## UNDESCENDED TESTES

Undescended testes are rarely associated with gynæcomastia. In a series of more than 400 cases of undescended testes Bishop<sup>20</sup> encountered none with gynæcomastia. Crooke<sup>21</sup> reported the case of a man aged 24 years with a right undescended (inguinal) testis and a small left scrotal testis. The patient suffered from gynæcomastia, he had to shave only twice a week, his voice remained unbroken, and although he was potent, ejaculation had never occurred. Biopsy of the left testis revealed atrophic tubules and "hypertrophy of the interstitial cells". The 17-ketosteroid excretion was 2.3 mg per 24 hours.

In this patient gynæcomastia was probably not specifically related to the presence of one undescended testis but rather to a testicular lesion which produced atrophic tubules in testes of which one happened to be undescended. In the absence of further data it is not possible to regard this as an example of Klinefelter's syndrome, but it seems likely that the gynæcomastia is to be explained by changes in the testis which resemble those found in that syndrome.

## CASTRATION

Castration has been given as a cause of gynæcomastia,<sup>22</sup> and although prepubertal testicular failure is sometimes associated with gynæcomastia, the occurrence of gynæcomastia in cases of prepubertal castration is uncertain. Hekmet and Regnant and Wagenseil<sup>22, 23</sup> studied a large group of Turkish eunuchs and found no evidence of gynæcomastia. Most authors agree that castration, whether before puberty or after, does not cause gynæcomastia. None of nine post-pubertal castrates seen at Guy's Hospital showed gynæcomastia.

## TRAUMA

Although reports<sup>24, 25, 27, 28</sup> have appeared in the literature of cases in which gynæcomastia has followed traumatic testicular lesions, only one<sup>22</sup> of these reports is sufficiently detailed to be convincing. In this case repeated episodes of testicular injuries led to atrophy of one testis and left the other smaller than normal. Soon after the last of these injuries, at the age of 18 years, gynæcomastia appeared. Presumably the germinal epithelium suffered considerable destruction in this case, and this may have been related to the occurrence of gynæcomastia. Testicular trauma must be regarded as a very rare cause of gynæcomastia, and the mechanism of breast development under such circumstances remains unknown.

## UNILATERAL TESTICULAR LESIONS

## VARICOCELE

A number of cases are recorded in the literature of gynæcomastia associated with varicocele.<sup>29, 30, 31</sup> Sometimes gynæcomastia follows an operation for varicocele. One patient seen at Guy's Hospital had a small right testis which had been operated upon for varicocele and showed the histological picture of Klinefelter's syndrome, while the left testis was undescended and could be felt in the inguinal canal. The 17-ketosteroid excretion was normal, and the level of urinary gonadotrophins was raised. Gynæcomastia appeared at 20 years of age—two years after the operation for varicocele. The gynæcomastia in this patient was probably due to the same cause as that seen in the patient reported by Crooke<sup>21</sup> (see above), and in both patients it is suggested that the mechanism involved is similar to that which operates in Klinefelter's syndrome. In these two patients we are dealing with one testis like those encountered in Klinefelter's syndrome and another undescended testis in which it seems likely that a similar histological picture would be seen.



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## UNILATERAL TESTICULAR ATROPHY

Unilateral testicular atrophy of unknown aetiology is occasionally associated with hypogonadism of both testes in a man, aged before the biopsy was taken. The atrophic right testis showed defective spermatogenesis and thickening of the basement membrane, while the left testis was normal clinically and histologically. Urinary gonadotrophin excretion was low. In this patient the gynæcomastia was associated with loss of libido and impotence.

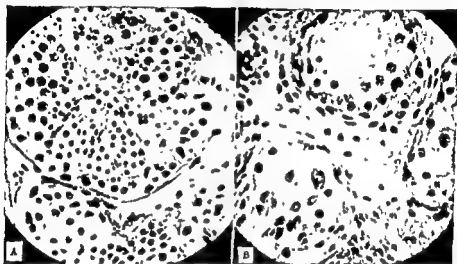


FIGURE 15

The testes in a patient with unilateral testicular atrophy and gynæcomastia. (A) The left testis is normal, (B) the right (atrophic) testis shows defective spermatogenesis.

Gynæcomastia is difficult to explain in such a patient. The explanations suggested in previous pages to explain the occurrence of breast stimulation in bilateral testicular lesions can scarcely apply in such a case.

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### Special Investigations

#### Hormone Assays

(a) *Urinary 17-Ketosteroids*.—Urinary 17-ketosteroid levels are raised in most feminizing adrenocortical tumours, but in 40% of those cases in which only one estimation is recorded the level was normal. The percentage of 17-ketosteroids which belong to the  $\beta$ -fraction may be above the normal levels of 5% to 18%, reaching 50% at times. This increase in the  $\beta$ -fraction is the basis of the Pettenkoffer reaction and of a method using the reaction and of a method using the reaction and of a number of similar quantitative tests which give positive results when the proportion of dehydroisoandrosterone (the principal  $\beta$  17-ketosteroid) exceeds 50% of the total 17-ketosteroid output.<sup>1</sup> The  $\beta$ -fraction is chiefly composed of steroids of adrenocortical origin, and this test helps to distinguish adrenocortical from interstitial cell tumours (see page 76).

(b) *Urinary Oestrogens*.—The estimation of urinary oestrogen levels is a most valuable diagnostic procedure in adrenocortical tumours. In only one case among 15 in which urinary oestrogen levels are recorded was the result within normal limits (see Table XIX). The principal drawback to urinary oestrogen studies lies in the technical difficulties involved. However, chemical methods are now being used more widely, although these procedures are laborious, they are accurate, and it is to be hoped that they will facilitate the diagnosis of feminizing adrenocortical tumours.

(c) *Urinary Gonadotrophins*.—Estimation of urinary gonadotrophin levels has not been of value either in diagnosis or in elucidating the hormonal changes found in adrenocortical overactivity. In some cases the levels are low, the majority are normal, while in a few instances high levels have been found.

*Semen Examination*. Azoospermia is commonly seen.

*Testicular Biopsy*. Diminution in the number of Leydig cells and defective spermatogenesis have been described.

*X-ray Examination*. (a) Plain X-ray examination of the abdomen may reveal calcification within the tumour. (b) Intravenous pyelography may show displacement of the kidney. (c) Presacral insufflation of air may reveal the outline of the tumour. This method can be combined with intravenous pyelography.<sup>4</sup>

### Diagnosis

Since gynæcomastia is a relatively early symptom of feminizing adrenocortical tumours, it follows that every case of unexplained gynæcomastia deserves investigation to eliminate this possible cause. No clinical evidence except abdominal tumour will prove helpful in this investigation, since tumours occur at all ages, and loss of libido and testicular atrophy are inconstant. The 17-ketosteroid excretion may be raised, but normal levels do not exclude cortical tumour. The logical diagnostic procedure would seem to be estimation of urinary oestrogen levels, but this is still not widely available. Only one case of the 15 investigated showed normal levels, and the possibility remains that repeated assays may have revealed raised levels in this case.

Presacral air insufflation combined with intravenous pyelography may help to demonstrate the presence of a tumour. Any patient who shows gynæcomastia and raised urinary oestrogen levels or raised 17-ketosteroid levels in the absence of testicular tumour should be suspected of adrenocortical disease and treated accordingly.

### Prognosis

Feminizing adrenocortical tumours are usually malignant, and in four of the 34 recorded cases the condition was inoperable when diagnosed. 18 patients were treated surgically, and more than half of these died within seven years of the onset of



## CHAPTER IX

### GYNÆCOMASTIA ASSOCIATED WITH DISEASES OF THE ENDOCRINE GLANDS

#### DISEASES OF THE ADRENAL CORTEX

Overactivity of the adrenal cortex may be due to the presence of a tumour or to hyperplasia of the gland. In men it is not possible to recognize a state of "super-masculinization" due to an excess of androgens, but in certain cases of adrenocortical overactivity some loss of the features of masculinity is seen together with gynæcomastia<sup>1, 2, 3</sup>. This state of affairs is referred to as feminization, and the group of adrenocortical lesions causing it as examples of feminizing tumours or adrenocortical hyperplasia with feminization, as the case may be.

Adrenocortical overactivity is not a common condition, and feminizing adrenocortical overactivity is of great rarity. Wallach *et alii*<sup>4</sup> found 34 examples of feminizing adrenocortical carcinomata (including one of their own) up to 1957, while Bishop<sup>5</sup> found three cases of adrenocortical hyperplasia with feminization.

#### FEMINIZING ADRENOCORTICAL TUMOURS

does not facilitate early diagnosis of these conditions and does not demand special treatment. In the case of adrenocortical tumours it is otherwise. Here gynæcomastia may be the first symptom which takes the patient to the doctor, and since these tumours are usually malignant, the only hope of effective treatment lies in early surgical removal. The problem is made more difficult by the rarity of adrenocortical tumours as a cause of gynæcomastia. In other words, it is necessary to eliminate this cause of gynæcomastia. The urgent need for early diagnosis of these conditions is obvious. The urgent need for early diagnosis of these conditions is obvious. The urgent need for early diagnosis of these conditions is obvious.

#### Clinical Features

Among the clinical features of these conditions, the most prominent in every case except one,<sup>4, 5</sup> as judged by the clinical picture, is gynæcomastia. The latter is very variable and difficult to judge. The age of onset varied from 5 to 59 years, the patient age being 14 and 15 years. The patients aged 14 and 15 years are the only adolescents. The remaining patients were distributed almost equally between the third, fourth and fifth decades.

hypertension are recorded, but other features of Cushing's syndrome are absent in only two cases.<sup>4</sup>

removal of the tumour revealed a considerable fall in the excretion of these hormones and a decrease in the extent of the gynæcomastia.<sup>8, 10, 17, 19, 20, 21</sup>

Although the normal adrenal cortex produces small amounts of oestrone, these are insufficient to stimulate the normal male breast. The evidence provided by the recorded cases is overwhelmingly in favour of the view that feminization in these tumours results from the production of excess oestrogens, and no doubt gynæcomastia results from the direct action of these hormones upon the breast.

Tumours of the testis may occur in ectopic adrenal tissue (so-called adrenal rest tumours). Ectopic cortical tissue can occur in the kidney or in the liver, along the path of descent of the testis or within the testis itself. Apart from these sites, adrenocortical tissue may be found almost anywhere within the abdomen. Adrenal rest tumours of the testis may closely resemble interstitial cell tumours under the microscope (page 12). The occurrence of gynæcomastia in association with such tumours is the result of oestrogens secreted by the cells of the tumour and is of the same diagnostic importance as that seen with cortical tumours elsewhere. Ostergaard<sup>10</sup> has reported such a tumour in a man of 28 years who complained of gynæcomastia. The right testis was small, and a tumour was felt at the upper pole of the left testis. Hormone assays before and after operation gave the following results.

Assay	Before Operation	After Operation
Urinary gonadotrophins	50 mouse units (normal)	50 mouse units (normal)
Urinary oestrogens	200 mouse units (raised)	50 mouse units (normal)
Friedman reaction	Negative	—
Androgens	25 IU (raised)	6-12 IU (normal)

### HYPERPLASIA

All that has been said about gynæcomastia in adrenocortical tumours can be repeated in the case of hyperplasia except that hyperplasia is more difficult to demonstrate radiologically. Although the number of recorded cases is insufficient to support dogmatic statements, it appears that, apart from the presence of the tumour itself, the clinical picture of hyperplasia is identical with that of tumour, and the mechanism by which the two conditions produce gynæcomastia is the same.

It is interesting to notice that patients suffering from female pseudohermaphroditism (due to adrenocortical hyperplasia) show breast development when the cortisone, with which they are commonly treated, is withheld. The onset of mammary gland enlargement has been seen in this condition in patients as young as six years of age when cortisone treatment is abruptly suspended for some reason.<sup>22</sup>

### STRESS

In rare instances, breast development has been reported following extensive burns, and the sudden onset of lactation occasionally follows exposure to stress.<sup>27</sup> Selye explains this interesting observation as the result of the action of hydrocortisone upon the breast. Exposure to stress results in an increase in the secretion of glucocorticoids, and Selye<sup>28, 29a, 30</sup> has shown that hydrocortisone given to adrenalectomized-ovariectomized animals treated with small doses of oestradiol, produces considerable stimulation of the mammary gland together with secretory activity.

symptoms. The only patient who could be regarded as showing a benign tumour underwent surgical treatment 16 years after the onset of symptoms and was well one year later.<sup>5</sup>

The prognosis of these tumours is therefore grave, but the disease may run a prolonged course with metastases in the liver, lung and elsewhere. One possible way of improving this state of affairs involves thorough investigation of cases of unexplained gynæcomastia.

TABLE XIX  
*Urinary Œstrogens in Adrenocortical Tumours*

Case Report and Reference	Œstrogen (Biossay) per 24 Hours	Normal for Patient's Age or Comparison with Normal
Simpson and Joll <sup>1</sup>	3200 M U	Raised
Roholm and Teilm <sup>12</sup>	5000 M U	<20 M U
Hurvthal and Musuhn <sup>9</sup>	60 R U	<10 R U
Ostergaard <sup>10</sup>	200 M U	Raised
Scott <sup>13</sup>	5.3 µg (x-œstradiol equivalent)	Normal
Willans <sup>14</sup>	5 R U	1 R U
Luft and Sjogren <sup>15</sup>	250 I U	—
Nusimovish <sup>16</sup>	5000 units/ litre	—
Pickard <i>et alii</i> <sup>17</sup>	160 I U	—
Dohan <i>et alii</i> <sup>17</sup> Case 1	4000 M U	13-44 M U
Dohan <i>et alii</i> <sup>17</sup> Case 2	460 M U	13-44 M U
Staubitz <i>et alii</i> <sup>18</sup>	3340 I U	25-130 I U
Case record, <sup>19</sup> M G H	1235 µg "œstrogen"	40-80 µg
Higgins <i>et alii</i> <sup>20</sup>	2600-6200 µg	Raised
Wallach <i>et alii</i> <sup>4</sup>	73-177 µg œstrone (equivalent)	2-29 µg

### *Pathogenesis*

The mechanism by which overactivity of the adrenal cortex produces gynæcomastia seems clear. In all but one of the recorded cases in which urinary œstrogen levels were reported there was a distinct rise in the level of œstrogens excreted. Presumably, adrenocortical overactivity can produce a number of different hormones, some of which may be abnormal (i.e. not produced by the normal cortex). Increased amounts of œstrone, œstriol, œstradiol and pregnadiol have been found in the urine in two cases,<sup>5, 21</sup> while in one case the tumour itself was found to be rich in progesterone and in equilenin, which is a weak œstrogenic steroid, not previously identified in man.<sup>4</sup> In six cases estimations of urinary œstrogens after surgical

removal of the tumour revealed a considerable fall in the excretion of these hormones and a decrease in the extent of the gynecomastia.<sup>5, 10, 17, 19, 20, 21</sup>

Although the normal adrenal cortex produces small amounts of oestrone, these are insufficient to stimulate the normal male breast. The evidence provided by the recorded cases is overwhelmingly in favour of the view that feminization in these tumours results from the production of excess oestrogens, and no doubt gynecomastia results from the direct action of these hormones upon the breast.

Tumours of the testis may occur in ectopic adrenal tissue (so-called adrenal rest tumours). Ectopic cortical tissue can occur in the kidney or in the liver, along the path of descent of the testis or within the testis itself. Apart from these sites, adrenocortical tissue may be found almost anywhere within the abdomen. Adrenal rest tumours of the testis may closely resemble interstitial cell tumours under the microscope (page 12). The occurrence of gynecomastia in association with such tumours is the result of oestrogens secreted by the cells of the tumour and is of the same diagnostic importance as that seen with cortical tumours elsewhere. Ostergaard<sup>10</sup> has reported such a tumour in a man of 28 years who complained of gynecomastia. The right testis was small, and a tumour was felt at the upper pole of the left testis. Hormone assays before and after operation gave the following results

Assay	Before Operation	After Operation
Urinary gonadotrophins	50 mouse units (normal)	30 mouse units (normal)
Urinary oestrogens	200 mouse units (raised)	30 mouse units (normal)
Friedman reaction	Negative	—
Androgens	25 i.u. (raised)	62 i.u. (normal)

### HYPERPLASIA

All that has been said about gynecomastia in adrenocortical tumours can be repeated in the case of hyperplasia except that hyperplasia is more difficult to demonstrate radiologically. Although the number of recorded cases is insufficient to support dogmatic statements, it appears that, apart from the presence of the tumour itself, the clinical picture of hyperplasia is identical with that of tumour, and the mechanism by which the two conditions produce gynecomastia is the same.

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### STRESS

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## DISEASES OF THE THYROID GLAND

## HYPERTHYROIDISM

In 1848 Basedow<sup>25</sup> published his famous paper on hyperthyroidism in which he described atrophy of the female breast as a complication.

Among the 22 reported cases of hyperthyroidism the majority are either incomplete to exclude the possibility of a fortuitous association. Naturally, the two conditions have appeared at the same time and have undergone synchronous remissions in such a way as to suggest a more significant association. Two patients to be described are exceptional in that they raise the possibility that the enlarged breasts contained active thyroid tissue.

Table XX contains some relevant facts about the 22 reported cases, together with three other cases not so far reported and one case studied by the author. It will be seen that most of these cases have not been studied in sufficient detail to help in elucidating the association. 18 of the cases were reported by Basedow and 4 by other authors.

Basedow described a case of hyperthyroidism in which the breasts were enlarged. This was followed by a course of treatment which resulted in the removal of the breasts at operation.

Dr. Albright's<sup>26</sup> first patient was a woman who had suffered from hyperthyroidism.

The patient was given a course of potassium iodide after which the thyrotoxicosis and the gynæcomastia disappeared synchronously within three months.

This case illustrates the association of thyrotoxicosis and gynæcomastia which appeared together and disappeared after treatment of the hyperthyroidism. These observations suggest that in some way the two conditions were etiologically associated, but the available data give no hint as to the way in which such an association might be brought about.

The following cases

TABLE XX  
*Hypertthyroidism and Gynecomastia*

Author	Age at Onset of Hyperthyroidism (Years)	Relation between Onset of Gynecomastia and Hypertthyroidism	Diagnosis of Hypertthyroidism	Gynecomastia	Testes	Sexual Power	Treatment	Follow-up
Van Bueden <sup>11</sup>	37	Gynecomastia followed by hyperthyroidism by three months	Clinical	Bilateral	?	?	None	?
Freeman <sup>12</sup>	37	Gynecomastia followed by hyperthyroidism by three months	Clinical	Bilateral				
Murphy <sup>13</sup>	-	Gynecomastia appeared after onset of hyperthyroidism	Clinical	Left	?	?	Mastectomy and thyroidectomy	Cured
Reinhardt <sup>14</sup>	52	Simultaneous	Clinical	Bilateral	Small	Impotence	Thyroidectomy	Cure of both conditions
Bowley <sup>15</sup>	52	Simultaneous	Clinical	Bilateral	?	?	?	?
Sterling I. <sup>16</sup>	7	Simultaneous	Clinical Associated with diabetes mellitus	Bilateral	?	?	?	?
Sterling II. <sup>16</sup>	44	Simultaneous	Clinical	Bilateral	?	?	?	?
Sterling III. <sup>16</sup>	30	Simultaneous	Clinical Larynx atrophy	Bilateral	?	?	?	?
McKeville <sup>17</sup>	-	Simultaneous	Clinical No laboratory data	Bilateral	?	?	Thyroidectomy	Cure of both conditions

TABLE XX—Continued  
Hyperthyroidism and Gynecomastia—Continued

Author	Age at Onset of Hyperthyroidism (Years)	Relation between Onset of Gynecomastia and Hyperthyroidism	Diagnosis of Hyperthyroidism	Gynecomastia	Testes	Sexual Power	Treatment	Follow-up
Menville II <sup>11</sup>	—	Simultaneous	Clinical No laboratory data	Bilateral	?	?	Thyroid-ectomy	Cure of both conditions
Wheeler I <sup>12</sup>	42	Gynecomastia followed hyperthyroidism by two months	Clinical B M R. + 59%	Left	Normal	?	Thiouracil	B M R. + 2% cholesterol, 240 mg %; cure of both conditions
Wheeler II <sup>12</sup>	42	Simultaneous	Clinical B M R. + 90%	Bilateral	Normal	?	?	?
Fraser <sup>13</sup>	43	Gynecomastia followed hyperthyroidism by several months	Clinical and laboratory findings typical	Bilateral	Normal	Reduced	Propyl-thiouracil	Cure of both conditions
Starr I <sup>14</sup>	45	Simultaneous	Clinical B M R. + 31%	Bilateral	Atrophy	Normal	Thyroid-ectomy	Remission of both and later relapse of both
Starr II <sup>14</sup>	28	Gynecomastia followed hyperthyroidism by 10 months	Clinical B M R. + 54%	Right	Normal	Normal	Thyroid-ectomy	Cure of both conditions
Albright I <sup>15</sup>	45	Simultaneous	Clinical B M R. + 38%	Right	Normal	Normal	Potasium iodide	Remission of both conditions
Albright II <sup>15</sup>	29	Hyperthyroidism before gynecomastia by nine months	Clinical and laboratory	Bilateral	Small	Impotence	Thyroid-ectomy	Remission of both conditions
Guy's Hospital	56	Simultaneous	Clinical and laboratory	Bilateral	Normal	Impotence	Propyl-thiouracil	Remission of both conditions

TABLE XX.—Continued  
*Hyperthyroidism and gynecomastia—Continued*

Author	Age at onset of hyperthyroidism (Years)	Relation between Onset of Gynecomastia and Hyperthyroidism	Diagnosis of Hyperthyroidism	Gynecomastia	Testes	Sexual Power	Treatment	Follow-up
Rosenthal I <sup>14</sup>	41	Gynecomastia followed hyperthyroidism by six months	Clinical and laboratory	Bilateral	Normal	?	Carbamazole	Remission of both conditions
Rosenthal II <sup>14</sup>	48	Gynecomastia followed hyperthyroidism by seven months	Clinical and laboratory	Bilateral	Normal	?	Carbamazole	Remission of both conditions
Imbinger <sup>15</sup>	27	Gynecomastia present from puberty	Clinical and laboratory	Bilateral	Undeveloped	Impotence	Thiouracil	No change
Treves <sup>16</sup>	56	"	Clinical and laboratory	Bilateral	?	?	Subtotal thyroidectomy	Remission in both conditions
Berson I <sup>16</sup>	31	Simultaneous	Clinical and laboratory	Bilateral	Normal	Normal	Tapazole and thyroidectomy	Cure of both conditions
Berson II <sup>16</sup>	27	Gynecomastia followed hyperthyroidism by four months	Clinical and laboratory	Bilateral	Normal	Normal	Tapazole and thyroidectomy	Cure of both conditions
Berson III <sup>16</sup>	24	Simultaneous	Clinical and laboratory	Bilateral	Normal	Normal	Tapazole and thyroidectomy	Cure of both conditions
Berson IV <sup>16</sup>	55	Simultaneous	Clinical and laboratory	Right	Normal	Normal	Iod and tapazole	Cure of both conditions



TABLE XX—Continued  
Hyperthyroidism and Gynæcomastia—Continued

Author	Age at Onset of Hyperthyroidism (Years)	Relation between Onset of Gynæcomastia and Hyperthyroidism	Diagnosis of Hyperthyroidism	Gynæcomastia	Testes	Sexual Power	Treatment	Follow-up
Menville II <sup>21</sup>	—	Simultaneous	Clinical No laboratory data	Bilateral	?	?	Thyroid-ectomy	Cure of both conditions
Wheeler I <sup>22</sup>	42	Gynæcomastia followed hyperthyroidism by two months	Clinical BMR, +59%	Left	Normal	?	Thiouracil	BMR, +2% cholesterol, 240 mg. %, cure of both conditions
Wheeler II <sup>22</sup>	42	Simultaneous	Clinical BMR, +90%	Bilateral	Normal	?	?	?
Fraser <sup>23</sup>	43	Gynæcomastia followed hyperthyroidism by several months	Clinical and laboratory findings typical	Bilateral	Normal	Reduced	Propyl-thiouracil	Cure of both conditions
Starr I <sup>24</sup>	45	Simultaneous	Clinical BMR, +31%	Bilateral	Atrophy	Normal	Thyroid-ectomy	Remission of both and later relapse of both
Starr II <sup>24</sup>	28	Gynæcomastia followed hyperthyroidism by 10 months	Clinical BMR, +54%	Right	Normal	Normal	Thyroid-ectomy	Cure of both conditions
Albright I <sup>25</sup>	45	Simultaneous	Clinical BMR, +38%	Right	Normal	Normal	Potassium iodide	Remission of both conditions
Albright II <sup>25</sup>	29	Hyperthyroidism before gynæcomastia by nine months	Clinical and laboratory	Bilateral	Small	Impotence	Thyroid-ectomy	Remission of both conditions
Guy's Hospital	56	Simultaneous	Clinical and laboratory	Bilateral	Normal	Impotence	Propyl-thiouracil	Remission of both conditions

6.9 gm per 100 ml ; albumin, 3.6 gm. per 100 ml ; globulin, 3.1 gm per 100 ml , albumin/globulin ratio, 1.16

The pyruvate tolerance test gave the following results : fasting blood pyruvic acid, 1.29 mg per 100 ml , 60-minute blood pyruvic acid, 1.33 mg per 100 ml , 90-minute blood pyruvic acid, 1.1 mg per 100 ml

The normal upper limits are : fasting, 1.1 mg ; 60 and 90 minutes, 1.39 mg per 100 ml This test was repeated after 10 days, during which time the patient was given injections of vitamin B (see below) The results then were : fasting blood pyruvic acid, 1.0 mg per 100 ml , 60-minute blood pyruvic acid, 1.37 mg per 100 ml ; 90-minute blood pyruvic acid, 1.11 mg. per 100 ml

Before antithyroid drugs were administered, the patient received a course of intramuscular injections of vitamin B, the daily dose being thiamine 10 mg , riboflavin 4 mg , pyridoxine 4 mg , and nicotinamide 40 mg (given in the form of Becosyn, z c c daily)



FIGURE 16

Gynecomastia in a patient suffering from hyperthyroidism (a) The breasts before treatment (b) The breasts after one month's treatment with propylthiouracil (c) Testis normal for the patient's age

At the end of one week no change was seen in the breasts. Propylthiouracil was then administered in doses of 400 mg daily. Three weeks later the patient had gained 12 pounds weight and clinical evidence of hyperthyroidism had disappeared. Gynecomastia became much less pronounced, and during this treatment the patient noticed that his beard stopped growing for two weeks. Thereafter it began to grow, and libido and potency returned. The basal metabolic rate was  $-2\%$ . A maintenance dose of propylthiouracil (100 mg daily) was prescribed.

After six weeks of treatment the patient stopped taking the tablets and noticed that libido and potency declined, while the breasts became tender. He resumed the tablets, and these changes were reversed. During the next nine months he took the tablets and remained well; the gynecomastia did not return.

This patient suffered a severe and acute form of thyrotoxicosis which was complicated by gynecomastia, loss of libido and impotence. These complications appeared soon after the onset of the disease, and were successfully treated.

Tests, and scanning of the thyroid gland with a dose of 70  $\mu$ c. of  $^{131}\text{I}$  in the form of sodium iodide, showed a normal-sized gland with a normal uptake of 70% at 24 hours. Liver function tests were normal. After treatment with vitamin B indicated that relative avitaminosis produced by the metabolic stimulation of hyperthyroidism was not a factor in causing breast stimulation. The result of testicular biopsy was normal for the patient's age and excluded any possibility of the mechanism suggested in the patient reported by Dr Albright.

The only positive finding of any significance in this patient was a high urinary oestrogen level. Although the levels recorded in this patient are higher than those

which are usually present, except for an occasional pigment granule resembling lipofuchsin. This is considered to be hyperplasia of the Leydig cells.

The patient received a course of Lugol's iodine, followed five months later by subtotal thyroidectomy. One month after operation the thyrotoxicosis had disappeared and the breasts were normal, the testes had reached normal size, and libido and potency had returned.

In this patient appears to be more than (i) small testes, (ii) changes are those of distinguished by the by the absence of the occurrence of destructive changes are further points in reminiscent of the case of leprous orchitis, in which the changes of Klinefelter's

It is not clear how hyper-appearance of gynæcomastia following successful treatment of the thyrotoxicosis suggests that this disease was directly or indirectly responsible for stimulation of the breasts; and in view of the resemblance which this case bears to cases of Klinefelter's syndrome, it seems likely that the gynæcomastia is the result of a similar mechanism.

The Guy's Hospital patient was rather different

June, 1954, when he complained of fulness in weight during the previous six months owing up smoking. Three months later, in was beating rapidly, and although at the At this stage his weight was 98 pounds.

The patient was ordered to bed for one month, during which time he suffered attacks of palpitation which were rapid, and at times irregular. He also complained of trembling of the hands and vivid, frightening nightmares. During this period in bed he noticed that his breasts were swollen and tender. On several occasions they discharged a thin whitish fluid. He was allowed up after one month in bed and three months later he complained of sudden, complete impotence and loss of libido. auricular fibrillation with a pulse rate of of mercury. Edema was absent. The a six inches from the midline, and an apex was not enlarged, and exophthalmos, was tremor and warm moist skin were found. The genital organs and secondary sexual tests were performed.

(1) Thyroid function: The basal metabolism was 105 mg per 100 ml. A radioactive iodine plasma protein-bound activity was 0.89% of limit of normal was 0.4%. (b) Scanning of r gland showed a high uptake of  $I^{131}$ , no retro protein-bound iodine was 5  $\mu$ g per 100 ml.

(2) Hormone assays: The 17-ketosteroid excretion was 12.3, 13.0, 11.0 and 10.9 mg per 24 hours. The urinary gonadotrophins were >12<16, >16<24 and >12<16 mouse units per 24 hours. The urinary oestrogens were: oestrone 15  $\mu$ g per 24 hours, oestradiol 2  $\mu$ g per 24 hours, oestril 31.5  $\mu$ g per 24 hours.

(3) Testicular biopsy: In the tubules the basement membrane was normal. The germinal epithelium of most tubules showed normal spermatogenesis. In a few tubules spermatogenesis was arrested at the stage of primary spermatocytes, and in a few cases only Sertoli cells were seen.

In the interstitial tissue the Leydig cells appeared normal, and a count of these cells was nine per tubule (normal) (see page 10).

serum protein, 6.1 gms per 100 ml; albumin, 3.0 ml; albumin/globulin ratio, 1.1; thymol test, colloidal gold reaction, negative. serum th later the direct Van den Bergh reaction was g per 100 ml, the thymol turbidity and thymol negative. Other values were serum protein,

above, has been discredited by Simpson,<sup>37</sup> who regards this paradox as invariably resulting from carcinoma of the thyroid.

These observations lend no support to the suggestion that gynæcomastia may develop in association with hyperthyroidism as the result of hyperplasia of thyroid tissue within the breast. Moreover, in neither the case of Murphy<sup>37</sup> nor in that of Sterling<sup>38</sup> was histological evidence given of the nature of the breast tissue.

### HYPOTHYROIDISM

Menville<sup>31</sup> and Wheeler<sup>32</sup> each referred to the occurrence of gynæcomastia associated with hypothyroidism, and Marine<sup>33</sup> has stated that "impotence, loss of libido, testicular atrophy and gynæcomastia are common in myxœdema". None of these authors has supported his claims with accurate clinical and laboratory data. While impotence and loss of libido are not infrequently encountered in hypothyroidism, gynæcomastia is not common. Among 18 men with myxœdema, proved by clinical and laboratory data, at Guy's Hospital, gynæcomastia was not encountered. Until further positive evidence to the contrary is obtained, it seems more prudent to regard the association of hypothyroidism and gynæcomastia as fortuitous.

## DISEASES OF THE PITUITARY GLAND

### ACROMEGALY

Roth<sup>40</sup> described hypertrophy of the left breast with secretory activity in a man suffering from acromegaly. The breast showed histological features typical of gynæcomastia (see page 22). In women, acromegaly may be associated with persistent lactation,<sup>41</sup> and it has been suggested that certain eosinophil adenomata may produce excessive quantities of prolactin as well as growth hormone. The association of acromegaly and gynæcomastia is probably very rare. It is not mentioned by Davidoff,<sup>42</sup> who made an exhaustive study of 100 cases of the disease. Until detailed investigations have been reported it will not be possible to indicate the mechanism by which acromegaly causes gynæcomastia.

### CHROMOPHOBE ADENOMA

Three cases of gynæcomastia associated with chromophobe adenoma have been described.

Hanel<sup>43</sup> reported the case of a man with enlarged breasts showing secretory activity at the age of 21 years. The patient later became the father of two children and died at 43 years, a chromophobe adenoma was found at autopsy.

Moehling<sup>44</sup> reported the case of a man of 52 years who complained of impotence and gynæcomastia for two years. The testes were small and pubic hair of female distribution. At operation a chromophobe adenoma was found.

McCullagh and his colleagues<sup>45</sup> reported gynæcomastia with secretory activity in an adult male who showed an enlarged pituitary fossa without change in fields of vision. Sexual activity had always been below normal, although this improved considerably after treatment with testosterone. Urinary 17-ketosteroid, gonadotrophin and oestrogen levels were all within normal limits, and a semi-quantitative assay of prolactin was performed upon the urine, this gave normal values, although ageing of the specimens may have occurred. The breasts were surgically removed and showed the histological features of gynæcomastia (see page 22), while testicular biopsy (taken after deep irradiation of the pituitary and treatment with testosterone) showed normal spermatogenesis and fewer than normal Leydig cells.

It is not possible to explain the pathogenesis of gynæcomastia in this patient. The histological appearance of the breasts suggests oestrogen stimulation, and yet no evidence of a testicular or adrenal source of excessive oestrogen secretion could be found, and the urinary oestrogen levels were within normal limits. Excessive secretion of prolactin by the pituitary gland is conceivable, but this hormone requires



biopsy of these glands was not performed. On histological examination the gonads are shown to be composed of tubules devoid of germinal epithelium. The tubules contain only Sertoli cells, and the basement membrane may be normal or in some tubules it shows hyaline changes. Leydig cells are abundant and appear in clumps.<sup>48-52</sup> Urinary gonadotrophin levels are considerably raised, and 17-keto-steroid excretion is within the normal range for adults of either sex. Vaginal smear examination indicates oestrogenic stimulation.

Castration in this condition may lead to the occurrence of hot flushes, some atrophy of the breast tissue and anestrus vaginal smear.<sup>48, 51</sup> In a case described by Wilkins,<sup>51</sup> castration led to the disappearance of oestrogens from the urine (as measured by the Kober reaction). Male pseudohermaphroditism shows a strong familial tendency; for example, Schneider<sup>52</sup> described six cases in three generations of one family. These factors indicate that the testes in this condition are producing oestrogens, and it seems likely that these hormones are responsible for the breast development, especially since castration leads to some regression of the gynecomastia. The testes resemble the testes in Klinefelter's syndrome except that hyalinization of the basement membrane is less evident. These observations suggest that the factors responsible for the occurrence of male pseudohermaphroditism interfere with

another example of gynecomastia associated with clumping of Leydig cells, and it seems probable that the breast development is due to the same mechanism as that

### TRANSVESTISM

Transvestism is a condition which has recently excited a great deal of popular interest as the result of articles appearing in newspapers. The term is loosely applied to a heterogeneous group of patients who suffer from an overwhelming desire to wear clothes appropriate to the opposite sex. Among men affected in this way, overt homosexual tendencies are usually absent, and in many cases this strange urge goes beyond the desire to assume feminine clothing to a desire to acquire the physical attributes of woman. Most of those affected believe that they are in fact women in whom some developmental aberration has robbed them of their rightful physical heritage, and they point to subtle behaviour patterns which they claim support this view. For example, some are said to have preferred dolls to the usual toys appropriate to their apparent sex, this preference may appear at the early age of two years. Others follow the hobbies and interests of girls during their childhood and adolescent years.

In Hamburger's<sup>57</sup> first paper on this subject a patient is mentioned with testicular atrophy and gynecomastia, but no further details are given. Among the Guy's Hospital cases of Klinefelter's syndrome three patients complained of transvestite desires.

unfortun  
Still<sup>58</sup> has

vestism. Of the three patients seen at Guy's Hospital, two have received androgen therapy and psychotherapy, which, so far from decreasing their desire to "become women", have confirmed the patients in the unshakeable conviction that they are in reality women. Both have (in accordance with this belief) refused operative treatment for the gynecomastia and have stated their intentions of undertaking any measures which may assist their "real sex" to emerge.



## DIABETES MELLITUS

Although the association of gynæcomastia and diabetes mellitus is mentioned by Wheeler and his colleagues,<sup>23</sup> there is no evidence that such an occurrence is more than a coincidence. Pelfner and Waldman<sup>22</sup> described gynæcomastia as a complication of what they called "liver dysfunction diabetes", but in their two patients the associated liver failure was almost certainly responsible for the gynæcomastia (see page 104).

## CUSHING'S SYNDROME

essentially metabolic changes of Cushing's syndrome.

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The third patient has submitted to plastic surgery to the breasts and bitterly regrets this step. He has served a sentence for homosexual offences, and neither androgen therapy nor psychoanalytical treatment has altered his desire to become a woman.

## MISCELLANEOUS

## PROSTATECTOMY

Gynæcomastia has been reported following the operation of prostatectomy. Cheate and Cutler<sup>59</sup> regard this association as "not infrequent", and Mann<sup>60</sup> reported the occurrence of bilateral gynæcomastia 11 months after prostatectomy in a man aged 70 years. Kondolean<sup>61</sup> described gynæcomastia in two men aged 70 years who had undergone prostatectomy. The first suffered painless bilateral enlargement of the breasts one month after operation, and this disappeared within a year. The second reported swelling of the right breast three months after prostatectomy; this was followed by enlargement of the left breast one month later.

Oppenheimer<sup>62</sup> reported gynæcomastia three months after enucleation of an adenoma of the prostate in a man of 64 years, the operation was straightforward and free of post-operative complications. The same author described bilateral gynæcomastia following sphincterotomy of the bladder in a man of 45 years. Swelling of the testes is not mentioned, and no investigations are reported.

In the absence of further clinical and laboratory data these observations are difficult to explain. At the age of 60 years or more the occurrence of involutional

or whether the operation has precipitated the appearance of gynæcomastia, cannot at present be stated.

Kuntz<sup>63</sup>  
the effect of  
the following  
after the oth  
ligated and cut, destruction of the germinal epithelium and hypertrophy of the Leydig  
cells occurs (iii) The characteristic feature of the destruction of the germinal  
epithelium under these conditions is the wholesale sloughing of spermatids and  
spermatocytes before they undergo necrosis

However, in man removal of one testis and ligation of the opposite vas is performed in the treatment of tubercu-  
encountered as a result of this operation

the small number of  
the involutonal type  
by operation on the

### ALBRIGHT'S SYNDROME

Polyostotic fibrous dysplasia (Albright's syndrome) was first described by Albright and his colleagues<sup>44, 45</sup> in 1937, although they referred to cases described in earlier papers. The condition is characterized by bone cysts, skin pigmentation and, in the female, precocious puberty. Before 1937 four males affected by this condition had been reported. Neither did a boy described as having precocious puberty nor a boy described as having marked gynæcomastia, whom gynæcomastia was considered to be a late feature of the disease, while normal in other respects. In the present series of 10 patients reported with the condition, 4 were males and 6 females. In the 4 males affected by Albright's syndrome, 3 had precocious puberty and 1 had gynæcomastia. In the 6 females, 5 had precocious puberty and 1 had gynæcomastia. In the 4 males, the condition was bilateral in 3 and unilateral in 1. In the 6 females, the condition was bilateral in 5 and unilateral in 1. In the 4 males, the condition was bilateral in 3 and unilateral in 1. In the 6 females, the condition was bilateral in 5 and unilateral in 1.

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## CHAPTER X

### GYNÆCOMASTIA ASSOCIATED WITH DISEASES OF THE LIVER

In 1926 Silvestri<sup>1, 2</sup> described gynæcomastia as a complication of cirrhosis of the liver and attributed its occurrence to an imbalance among the endocrine glands. In 1937 Dingemans and Laquer<sup>3</sup> injected oestrogens into mice and could recover these hormones from neither urine nor faeces nor carcass, which suggested that oestrogens were destroyed in the body. In the search which followed for the site of this destruction it was discovered that intraperitoneal injections of oestradiol were less potent than oral doses given subcutaneously, and that the hormone was

resided in the liver cells and not in the reticulo-endothelial cells.

These discoveries were supported by a number of experiments, in which pellets of oestrogen hormone was found to be oestrogenic

in the vaginal epithelium

These experiments were taken to indicate that the liver is capable of inactivating natural and synthetic oestrogens. The mechanism of this inactivation was studied by shaking various oestrogens with liver pulp *in vitro*. Such experiments showed

that biliary excretion of oestrogens was important, but Morrione<sup>13</sup> showed that inactivation by liver cells was more important than biliary excretion. Finally, the technique of splenic implantation was extended to show that the liver required thiamine and riboflavine in order to inactivate oestrogens<sup>10, 11, 12</sup>.

These observations provided a possible explanation for a number of symptoms seen in liver disease, including the enlargement of the breasts in women, and loss of libido and gynæcomastia in men. In both sexes and may be attributable to excess of circulating oestrogens\*. Lloyd and Williams<sup>16</sup> undertook an extensive study of the endocrine glands of 71 patients suffering from cirrhosis. Among the 55 males they found that loss of libido and loss of potency were almost universal, while 42% showed gynæcomastia. Loss of axillary hair was seen in 92% and testicular atrophy in 76%. 17-ketosteroid

absence of spermatogenesis

It is tempting to suggest that liver failure interferes with the capacity of the liver to inactivate oestrogens secreted by the testis and perhaps by the adrenal cortex, and that the consequent increase in circulating levels of free oestrogens causes stimulation of the genital system. In addition, oestrogens cause depression of axillary hair and depress

effect of oestrogens upon the release of . . . and the low 17-ketosteroid levels may possible explanation of the endocrine when Glass and his colleagues<sup>27</sup> demonstrated an increase in free oestrogens in the urine of cirrhotic patients

Morrione<sup>13</sup> showed that the testicular atrophy seen in cirrhosis was regularly associated with destruction of the germinal epithelium, which in some cases leaves only Sertoli cells within the tubules. Morrione further showed in mice that liver cell damage, caused by carbon tetrachloride, enabled exogenous oestrogens to produce germinal epithelial damage in smaller doses than in normal controls.

Infective hepatitis also causes destruction of the germinal epithelium. Rather<sup>17</sup> studied testicular biopsies taken during the active stage of this disease, the criteria of activity being those established by Moon,<sup>18</sup> which include disintegration of liver cells, the presence of Mallory bodies and proliferation of bile ducts. During this phase of the disease the germinal epithelium shows changes in spermatogonia and spermatocytes before any change is seen in spermatids or spermatozoa. With the exception of radiation of the testis by deep X-rays, this is the only condition in which destruction of the germinal cells occurs in this order rather than in order of maturity of the cells, spermatozoa being most vulnerable.<sup>17</sup> Rather concluded that, although destruction of the germinal epithelium does occur during the active stage of infective hepatitis, it is not complete and is reversible.

is less frequent than testicular atrophy, although either may occur without the other. Balner and Weidman<sup>12</sup> described the condition in a patient with . . .

#### **gynaecomastia**

Bernstein<sup>20</sup> described unilateral gynaecomastia in a boy, aged 17 years, who suffered from primary liver cell carcinoma. The whole illness lasted 18 months, and gynaecomastia was seen during the last year. Histologically the tumour proved to be a primary carcinoma without cirrhosis, and liver function tests indicated a severe impairment. Klatskin and Rappaport<sup>21</sup> described a case of gynaecomastia in patients suffering from homologous serum jaundice. In each case the patient recovered, and gynaecomastia faded.

It is apparent that a severe degree of liver cell damage can lead to gynaecomastia, impotence and testicular atrophy, and that these symptoms probably result from the effects of oestrogens on the breast and testes. Although it has been claimed that the urine contains an excess of unconjugated oestrogens, the methods used in these assays are scarcely accurate in measuring such small concentrations of oestrogens, and some workers have failed to recover excess of unconjugated oestrogens from the urine in cirrhosis. The final proof of this hypothesis awaits the development of a more sensitive method of assaying urinary oestrogens.

So far we have considered gynæcomastia occurs at level of nutrition. It

Recent studies<sup>26</sup> of autopsy material indicate that a high percentage of males dying with cirrhosis of the liver show the effects of excess oestrogen. In 11 out of 13 testes studied, some thickening of the basement membrane of 11 showed hydropic changes in the cytoplasm. These changes are believed to result from increased evidence.

These findings in the epiphyseal age of 50 years, when such changes are not normally found. Hyperplasia of the breast hypophysis<sup>32</sup> and a these changes are

the adrenal cortex remain active. Substances are more potent than normal because the liver cells are unable to conjugate these substances and render them inert. Failure to detect higher than normal concentrations of free oestrogens in the urine of males suffering from liver cell failure is attributed to technical limitations inherent in present methods.

One can only conclude that the balance of production and inactivation of steroid hormones is disturbed in liver failure in such a way as to favour excessive oestrogen activity.

### ULCERATIVE COLITIS

One example of gynæcomastia associated with ulcerative colitis as appeared in the literature. The patient had gynæcomastia, active colitis, and finally appearance

condition deteriorated to such an extent that colectomy was performed. The patient's breasts were affected and the patient's operation of colectomy disappeared. It is known that cirrhosis of the liver, in the absence of further examples of gynæcomastia in association with ulcerative colitis it may be suggested, as a hypothesis, that gynæcomastia under these circumstances is the result of liver cell damage.

### HÆMOCHROMATOSIS

If liver cell damage is the cause of gynæcomastia in cirrhosis of the liver, it would be expected that any disease which caused sufficient liver cell failure would cause gynæcomastia. This is true of acute infective hepatitis, cardiac cirrhosis and carcinoma. However, hæmochromatosis does not appear to cause gynæcomastia. Neither Sheldon<sup>34, 35</sup> nor Lawrence,<sup>36</sup> both of whom have studied this disease extensively, has encountered gynæcomastia as a complication of hæmochromatosis.

In order to explore this paradox further, two patients suffering from hæmo-chromatosis were studied at Guy's Hospital, and autopsy material from a third was obtained.

CASE I The patient had and darkening of the skin and discoloration, esp

TABLE XXI  
Special Investigations in Hemochromatosis

Test	Case I	Case II	Case III
Serum protein (gm/100 ml)	8.2	6.3	6.8
Albumin content (gm/100 ml)	4.6	3.4	2.9
Globulin content (gm/100 ml)	3.5	2.9	3.9
A/G ratio	1.3/1	1.2/1	0.75/1
Thymol turbidity	Negative	Negative	+ (10 units)
Thymol flocculation	Negative	Negative	++++
Colloid gold reaction	Negative	Negative	++++
Serum bilirubin content (mg/100 ml)	0.2	0.25	1.75
Liver biopsy	Hemochromatosis	Hemochromatosis	Hemochromatosis (autopsy)
Serum iron ( $\mu$ g/100 ml)	244	272	—
Unsaturated iron-binding capacity	Nil (2 estimations)	Nil (3 estimations)	—
Serum sodium, potassium and chloride contents	Normal	Normal	—
Glucose tolerance test	Normal	Normal	Normal
Basal metabolic rate	+2%	-3%	—
Serum protein-bound iodine ( $\mu$ gm/100 ml)	Zero	2.0	—
17 Ketosteroids (mg/24 hours)	4.9 13.0	9.3, 8.2 7.8, 13.0	—
Urinary gonadotrophins (mouse units/24 hours)	<6 <6 <6	>6 <12 <6 <6	—
Robinson-Kepler-Power test	Normal response (part I), 2 tests	Normal response (part I), 2 tests	—
Urinary oestrogens ( $\mu$ g/24 hours) Oestrone Oestradiol Oestriol	5.6 0.5 >45	2.2 <0.2 40	— — —
Semen	Azoospermia (3)	Azoospermia (3)	—
Thorn test* 17-Ketosteroids Eosinophils	Normal rise Normal fall	Normal rise Normal fall	— —
Adrenaline test	No response	No response	—

\* See Tables XXII and XXIII





was palpable three inches below the left costal margin. Pubic and axillary hair was scanty. The testes were normal in size but soft, and the urine showed intermittent glycosuria.

The patient died (aged 48 years) as the result of hæmatemesis. At autopsy findings typical of hæmochromatosis were discovered. The testes showed arrest of the germinal epithelium at the stage of secondary spermatocytes, normal interstitial cells, and scanty deposits of iron in the walls of some blood vessels. The anterior pituitary gland showed extensive deposits of iron, especially in the basophil cells (Figure 17).

TABLE XXIII

Day	Urinary 17-Ketosteroids (Mg/24 hours)	Chamber Eosinophil Count (Cells/cm <sup>3</sup> )
First	9.5	
Second	8.8	
Third	8.7	130
Fourth	11.8	120
Fifth ACTH, 25 units (intra- muscular injection)	7.4	110 ↓ 50 (4 hours after intra- muscular injection of ACTH)
Sixth	10.8	75

From the data shown in Table XXI the following conclusions may be drawn.

- (1) All three patients suffered from typical hæmochromatosis.
- (2) Low urinary gonadotrophin levels suggest that the symptoms of gonadal failure may result from failure of adeno-hypophyseal secretion of gonadotrophins.
- (3) Normal Kepler and normal 17-ketosteroid excretion, together with normal serum electrolyte levels and a prompt fall in circulating eosinophils after injection of ACTH, indicates normal adrenocortical function. Failure of circulating eosinophils to fall after the administration of adrenaline suggests that the capacity of the pituitary to produce or to release ACTH may be defective, although doubt has been cast upon the significance of this test.
- (4) Testicular biopsy stained by Perls' reagent showed very little iron, and that in such places as to make it improbable that the deposition of the metal was responsible for the testicular failure. The appearance of the germinal epithelium is compatible with failure of gonadotrophic function of the pituitary.
- (5) The autopsy appearance of the adeno-hypophysis provides a possible explanation for the failure of gonadotrophin secretion.

Although hæmochromatosis frequently causes testicular atrophy, impotence and loss of body hair, these changes are not associated with gynæcomastia, in contrast to other forms of liver disease which not infrequently cause gynæcomastia in addition to these other changes. The findings presented above indicate that extensive deposits of iron are found in the basophil cells of the anterior pituitary gland, but that the testis escapes all but the slightest invasion by the metal. Similar findings were reported by Hubble<sup>43</sup>. This would suggest that testicular failure results from defective pituitary function rather than from failure of the testis *per se*. The pituitary origin of this hypogonadism is further indicated by testicular biopsy, which reveals normal Leydig cells but arrest of spermatogenesis at the stage of secondary spermatocytes, and by low values or absence of urinary gonadotrophins and by response to chorionic

axillary and body hairs were scanty, while the beard required shaving only twice weekly, whereas the patient had formerly shaved every day. The skin of the face was soft, and the testes were smaller than normal and soft. The following investigations were performed in addition to those shown in Table XXI.

(1) Thorn test (Table XXII). The response to this indicates normal adrenocortical function. The failure of response to adrenaline was at that time (1952) taken as evidence in favour of pituitary failure, but this conclusion would now be considered unjustified.

(2) Testicular biopsy. In the tubules the basement membrane was normal. In the germinal epithelium arrest of spermatogenesis was apparent at the stage of secondary spermatocytes. In the interstitial tissue Leydig cells were normal in number (seven per tubule) and appearance. Perls' stain showed the deposition of iron in small amounts in the walls of some of the smaller blood vessels, but none in the germinal epithelium.

(3) Testosterone caused a return of sexual activity, stimulated the growth of facial hair, and produced a sense of well-being.

TABLE XXII

Day	Urinary 17-Ketosteroids ( $\mu$ g/24 hours)	Chamber Eosinophil Count (Cells/c mm)
First	4.9	80
Second	4.1	70
Third ACTH, 30 mg (intra- venous injection) during 12-hour period	8.5	100 ↓ 0 (at the conclusion of intravenous injection of ACTH)
Fourth	9.1	37
Fifth	6.2	78
Sixth Adrenaline (1:1000) 0.3 cm (hypodermic injection)	—	50 ↓ 53 14 hours after hypo- dermic injection of adrenaline)

CASE II — At the age of 47 years the patient's friends drew his attention to the dark colour of his skin, which became more pronounced during the eight years before the present studies were undertaken. Six years after the onset of the change in skin colour the patient became impotent, and two years later diabetes was discovered. The latter responded to insulin treatment but remained difficult to stabilize. On examination the skin was grey in colour, and the liver was palpable four inches below the costal margin. Axillary and pubic hair were almost absent, body hair was scanty, and the testes were smaller than normal. The following investigations were performed in addition to those shown in Table XXI.

(1) Thorn test (Table XXIII). This test indicates normal adrenocortical function.

(2) Testicular biopsy. In the tubules the basement membrane was normal. In the germinal

(3) Response to chorionic gonadotrophin. After a course of intramuscular injections of chorionic gonadotrophin (1000 units twice weekly for three weeks), the patient experienced a return of libido and erections. The testes increased in size and became tender. No change in the distribution of hair throughout the body was noticed.

ing of the skin during  
week, although he had  
ey in colour, especially  
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gonadotrophin (Case II). Response to intramuscular injection of testosterone (Case I) indicates that the tissues were not unresponsive to testicular androgens. Failure of the anterior pituitary to secrete gonadotrophins suggests two possible explanations for the absence of gynæcomastia. In the first place absence of normal stimulation of the testis may interfere with the secretion of oestrogens; hence, even when liver failure becomes advanced, the blood contains no oestrogens to be inactivated, and hence breast stimulation does not occur. In the second place oestrogens do not cause stimulation of the breasts in hypophysectomized animals (page 24). Which of the hormones of the adenohypophysis are required to permit

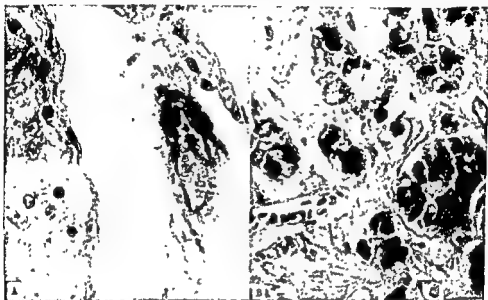


FIGURE 17

Hæmochromatosis. (A) Testes (Perls' stain). Small deposits of iron can be seen in the walls of a blood vessel. The germinal epithelium and Leydig cells are free of iron. (B) Anterior pituitary gland (Perls' stain). Extensive deposits of iron can be seen in the basophil cells.

oestrogenic breast stimulation remains unknown. However, absence of gonadotrophins may interfere with the capacity of unconjugated oestrogens to cause gynæcomastia. The urinary oestrogen levels found in Cases I and II suggest that these hormones are not entirely absent, although testicular failure was present. Our present knowledge of normal male oestrogen excretion does not enable one to comment on these results.

There is reason to suppose that the secretion of gonadotrophins is the most vulnerable function of the adenohypophysis, being the first to suffer in diseases of this structure.<sup>43</sup> Pituitary failure has been recorded in other cases of hæmochromatosis,<sup>44, 45</sup> and it seems more likely that this is responsible for the absence of breast stimulation than failure of oestrogen secretion.

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## CHAPTER XI

### GYNÆCOMASTIA ASSOCIATED WITH MALNUTRITION

During the second world war a considerable number of American soldiers developed gynæcomastia during their stay in Japanese prison camps, where they were

were noticed

Jacobs<sup>1</sup> studied the largest group of cases. His experience concerned 9000 prisoners, of whom 2400 died within the first 18 months, death being due directly or indirectly to malnutrition. After they had been two years in the camp a series of Red Cross parcels began to arrive, and for four months the diet of all the men was adequate. Thereafter they returned to a state of malnutrition, and this state of affairs persisted until the time of release 22 months after the arrival of the first parcels (four years after imprisonment).

At the time of arrival of the first Red Cross parcels there were no known cases

hospital

Subsequently Jacobs estimated that 50% of the prisoners noticed some gynæcomastia after release and that all those who had shown gynæcomastia in the camp reported a return of this symptom. Return of libido and testicular pain were noticed at the time the gynæcomastia appeared.

Jacobs saw gynæcomastia only during refeeding.

Because of the vast number of vitamin deficiency diseases it was natural to attempt to explain

minimal and barely compatible with life

Hibbs<sup>2</sup> studied 34 cases of gynæcomastia among 8000 prisoners. The gynæcomastia occurred after 18 months in the prison, which represented an interval of 12 months between the last appearance of a new manifestation of dietary deficiency and the first case of gynæcomastia. The gynæcomastia was noticed during improvement in the diet from 1200 to 1400 Calories. The men affected had all been malnourished and underfed, but were not necessarily the most severely affected. Usually the condition appeared when the prisoners gained weight, and for the most part the men were affected at the same time—almost like an epidemic. Platt<sup>20</sup> made similar observations.

Klatskin and his colleagues<sup>4</sup> studied a group of 300 men who, after their release from prison camps, were admitted to hospital for the treatment of malnutrition. They had been in Japanese hands between April, 1942, and September, 1945. In August, 1945, food parcels began to arrive. The authors began their studies in December, 1945. Among 300 men, 48 showed gynæcomastia, of which 17 cases occurred following return to a normal diet, and another seven were aggravated

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with impotence, loss of libido, testicular atrophy and loss of body hair, the other appearing during refeeding with the return of sexual activity.

..... nal experiments  
 .. hypophysectomized  
 .. If the donor were  
 .. sh viable. This  
 .. lysis.

Various studies have also been made of hormone metabolism in malnutrition. Jailer<sup>8</sup> implanted pellets of oestradiol into the spleen of spayed female rats and fed them a diet deficient in vitamin B complex until they lost 28% of their weight. Continuous oestrus effects were seen in vaginal smears, and this finding was not altered by addition of thiamine and riboflavine to the diet. Jailer concluded that inanition and not lack of vitamin B was responsible for failure of the liver to inactivate oestradiol.

On the other hand, Segaloff and Segaloff<sup>9</sup> showed that vitamin B deficiency leads to a decline in the capacity of rat liver to inactivate oestrone and oestradiol and also to a diminished response of rat tissues to subcutaneous injection of oestradiol. These effects were prevented by the administration of thiamine and riboflavine. Drill and Pfeiffer,<sup>10</sup> however, showed that inanition in the presence of adequate vitamin B would cause a decline in the ability of the rat's liver to inactivate oestrone and oestradiol.

Unna and his colleagues<sup>11</sup> believed that methionine was the important factor required to maintain the capacity of the liver to inactivate oestrogens. They showed that rats kept alive on low protein diets cannot retain normal amounts of riboflavine in their livers. Methionine counteracts this fall in the riboflavine content of the liver. The liver of such rats kept on a low protein diet for three months failed to inactivate oestradiol, but methionine restored this capacity even when low protein intake continued.

These studies suggest two possible explanations for the gynæcomastia of malnutrition. Firstly, it is possible that return to normal diet brings about a return of testicular activity before the liver regains the capacity to inactivate oestrogens. Secondly, the reawakening of testicular activity after a period of malnutrition may bring about changes like those seen at puberty. Implicit in both hypotheses is the idea that testicular function remains in abeyance during malnutrition, an idea which is supported by the absence of libido and of erections and by the experiments with malnourished mice mentioned above. This temporary

normal gland in hypophysectomized mice

The first theory has not been supported by any direct evidence. However, it will be recalled that in Malaya a diet of polished rice produced beriberi, but if beriberi was treated with pure thiamine, without change in the diet, pellagra appeared. Pellagra never appeared before beriberi.<sup>12</sup> This phenomenon has been reported by a number of workers<sup>13, 14, 17, 18</sup>. It would seem that an emergency pathway is established during deficiency of one substance which temporarily renders another unnecessary. In the case of gynæcomastia it may be supposed that during malnutrition the liver can inactivate oestrogens by means of metabolic pathways which do not require some component of the vitamin B complex, but that when normal feeding is resumed, the need for vitamin B returns, and this is expressed by the appearance of gynæcomastia. This concept is without any experimental support, and in view of the fact that malnutrition interferes with the capacity of the liver of



by improvement of the diet; 31 occurred during starvation. The breasts were tender in every case, and both sides were more often affected than one, although sometimes asynchronously. One breast subjected to histological examination revealed the changes typical of gynæcomastia (see page 22). It was estimated that the average diet of these men consisted of approximately 1735 Calories (protein 42 grammes, fat 7 grammes and carbohydrate 375 grammes). On this diet they

All the

one-third showed hepatomegaly or abnormal response to liver function tests, or both. One-third had small testes as measured by a flexible metal ruler. Body hair was normal in every case. The 17-ketosteroid excretion and urinary oestrogen values were low, but urinary gonadotrophin values were normal.

Zurbaran and Gómez-Mont<sup>5</sup> had the advantage of applying modern laboratory methods to the study of malnutrition. They described the testis in malnutrition as showing decrease in the size of tubules, thickening of the basement membrane and defective spermatogenesis. The germinal epithelium was almost always involved, sometimes showing arrest of maturation, at other times showing an over-all lack of germinal cells. Interstitial cells were few in number, small in size, and loaded with brownish pigment. These changes in the Leydig cells were said to resemble those seen in animals during periods of sexual inactivity. Similar changes in testicular histology are seen in malnourished animals,<sup>12</sup> and Zurbaran and Gómez-Mont believe that the human testis in malnutrition resembles that found in pituitary tumours with low urinary gonadotrophins.<sup>13</sup>

Zurbaran and Gómez-Mont also found low urinary 17-ketosteroid levels in both sexes. The mean figure for men was 3.5 mg. and for women 2.4 mg. per 24 hours. This suggests that both the testicular and adrenal contributions may be diminished, since the total level was low in both sexes. In every male patient in whom it was low in 79% and raised in 21%.

Urinary gonadotrophin and urinary oestrogen levels. This increase in oestrogen excretion was very great and was almost always followed in men by gynæcomastia, which outlasted the duration of the raised urinary oestrogen excretion. Unfortunately the authors do not indicate the exact correlation between high urinary oestrogens and gynæcomastia.

During the period of malnutrition about 20% of malnourished men showed gynæcomastia and 21% showed raised urinary oestrogen levels. On the other hand, a return to normal diet was associated with gynæcomastia in almost every case, and a rise in urinary oestrogens to levels above normal was also almost universal. The authors studied 201 patients suffering from malnutrition and concluded that the fundamental endocrine abnormality was deficient pituitary function.

Landau and his colleagues<sup>12</sup> studied the effect of starvation upon the urinary output of 17-ketosteroids and androgens in three normal men and one obese woman. During a four-day period of fasting the 17-ketosteroid output fell by 50%, and the androgen content of the urine showed a parallel drop.

Kark *et alii*<sup>6</sup> studied the effect of malnutrition by refeeding men with cirrhosis of the liver who were poorly nourished. They selected men suffering from established cirrhosis. The patients complained of loss of libido, testes and needed to shave only two or three times a week. The patients were given diets during this period of refeeding hair returned on the neck. Return of libido and erections was noted. The testes

Kark *et alii* expressed the belief that there were two types of gynæcomastia associated with cirrhosis of the liver, one during the height of the disease, associated

with impotence, loss of libido, testicular atrophy and loss of body hair, the other appearing during refeeding with the return of sexual activity.

These clinical studies have been amplified and supported by animal experiments. Mason and Wolfe,<sup>7</sup> for example, found that they could restore hypophysectomized rats to a normal weight and sexual activity. If the donor were not enough viable. This hypophysis

Various studies have also been made of hormone metabolism in malnutrition. Jailer<sup>8</sup> implanted pellets of oestradiol into the spleen of spayed female rats and fed them a diet deficient in vitamin B complex until they lost 28% of their weight. Continuous oestrus effects were seen in vaginal smears, and this finding was not altered by addition of thiamine and riboflavine to the diet. Jailer concluded that inanition and not lack of vitamin B was responsible for failure of the liver to inactivate oestradiol.

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These studies suggest two possible explanations for the gynæcomastia of malnutrition. Firstly, it is possible that return to normal diet brings about a return of testicular activity before the liver regains the capacity to inactivate oestrogens. Secondly, the reawakening of testicular activity after a period of malnutrition may bring about changes like those seen at puberty. Implicit in both hypotheses is the idea that testicular function remains in abeyance during malnutrition, an idea which is supported by the absence of libido and of erections and by the experiments with malnourished mice mentioned above. This temporary

the pituitary gland of mice subjected to starvation could not substitute for the normal gland in hypophysectomized mice

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Pellagra never appeared before the number of workers<sup>15, 16, 17, 18</sup>

unnecessary. In the case of gynæcomastia it may be supposed that during malnutrition the liver can inactivate oestrogens by means of metabolic pathways which do not require some component of the vitamin B complex, but that when normal feeding is resumed, the need for vitamin B returns, and this is expressed by the appearance of gynæcomastia. This concept is without any experimental support, and in view of the fact that malnutrition interferes with the capacity of the liver of

rats to inactivate oestrogens during the period of deficiency it does not seem very probable. Moreover, the observations of Zurbiran and Gómez-Mont make it likely that the secretion of oestrogens is diminished during malnutrition. It seems more probable that the gynæcomastia of refeeding is associated with the reawakening of sexual activity which occurs at that time. The return of testicular function probably resembles the endocrine activity seen at puberty, and it is possible that the same mechanism which produces the subareolar node at that time may play a part in the occurrence of gynæcomastia during refeeding. During malnutrition the testis is smaller than normal, and spermatogenesis is depressed.<sup>9</sup> On refeeding, tenderness and swelling of the testes are noticed, and the whole process resembles a second puberty. The etiology of this type of gynæcomastia is therefore expected to be the same as seen in . . . The same would apply to gynæcomastia

On the other hand, gynæcomastia sometimes appears during the period of malnutrition. This may be explained by the fact that some 20% of men show an increased urinary excretion of oestrogens during starvation. Why some men show a . . . cannot be explained. There is no . . . the malnutrition is important . . . tion with a number of diseases which cause wasting, e.g . . . pulmonary tuberculosis. Wheeler *et* . . . associated with these conditions is due to . . . However, the cases so far reported have indicated that no close correlation exists between wasting and gynæcomastia. In these cases gynæcomastia has appeared at the height of the illness and has usually undergone remission with the associated disease

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## CHAPTER XII

### DRUGS AS A CAUSE OF GYNÆCOMASTIA

A number of drugs, including certain hormones, can cause gynæcomastia. In some cases (e.g. oestrogens) breast stimulation is to be expected and occurs in a predictable fashion. However, in the case of other drugs gynæcomastia is sporadic and totally unexpected (e.g. digitalis). The following drugs can cause gynæcomastia.

- (1) Oestrogens
- (2) Androgens.
- (3) Chorionic gonadotrophin.
- (4) Adrenocortical hormones.
- (5) Digitalis.
- (6) Amphetamine
- (7) Radioactive iodine.
- (8) Reserpine

#### OESTROGENS

When adult males take oestrogenic substances, a number of changes result, including loss of libido, impotence, gynæcomastia, diminution in testicular size and destruction of the germinal epithelium. Some of these changes (loss of libido, impotence, diminution in testicular size) are reversible, but the changes in the testis are permanent.

The changes in the testis are characterised by the following: (i) Atrophy of the tubules. (ii) Thickening of the walls of the tubules. (iii) Absence of Leydig cells. (iv) Interstitial fibrosis. These changes were described in men past their middle years, and some of the effects mentioned could be attributed to age. Dunn<sup>1, 2, 3</sup> studied testicular biopsies taken from a 27-year-old man who received 530 mg. of stilboestrol by mouth during a period of 100 days. Before the start of treatment the testis was 10 g. in weight, and after 100 days it was 4 g. in weight. The changes in the testis were as follows: (i) Atrophy of the tubules. (ii) Thickening of the walls of the tubules. (iii) Absence of Leydig cells. (iv) Interstitial fibrosis. These changes were described in men past their middle years, and some of the effects mentioned could be attributed to age. Dunn<sup>1, 2, 3</sup> studied testicular biopsies taken from a 27-year-old man who received 530 mg. of stilboestrol by mouth during a period of 100 days. Before the start of treatment the testis was 10 g. in weight, and after 100 days it was 4 g. in weight. The changes in the testis were as follows: (i) Atrophy of the tubules. (ii) Thickening of the walls of the tubules. (iii) Absence of Leydig cells. (iv) Interstitial fibrosis.

Libido (libido, erections and emissions) did not return to normal for a further month.

In the case of a boy aged 14 years, the changes in the testis were as follows:

- testicular biopsy showed (i)  
(ii) sclerosis of the walls of

Greep and Jones<sup>4</sup> described experiments which raise the possibility that these changes are due not to a direct effect upon the testis, but to suppression of the secretion of gonadotrophins by the adenohypophysis. They compared the gonadotrophic effects of oestrogens with those of androgens.

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Lynch<sup>5</sup> studied the testis in a series of experiments.

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... of 3.0 gm, the second of 1.0 gm, and the third of 3.0 gm. This suggests that follicle-stimulating hormone administered together with oestrogen prevents the testicular atrophy which oestrogens alone produce, and hence



FIGURE 18  
 (A) and (B) The testis before

contain only Sertoli cells and degeneration

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that oestrogens produce testicular atrophy by suppressing the secretion of follicle-stimulating hormone. The testes of the oestrogen-treated group returned to normal when treatment was stopped, and testicular weight also returned to normal.

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hypertrophy by supposing that oestrogens suppress the secretion of follicle-stimulating hormone and stimulate the release of interstitial-cell stimulating hormone. They produced "tumours" of Leydig cells by injections of interstitial cell-stimulating hormone

... Hospital, where  
other respect, were  
were taken before  
and after treatment; urinary 17-ketosteroids, oestrogens and gonadotrophins were also measured before and after the administration of stilboestrol. Table XXIV shows the results of these assays in the first patient. It can be seen that the 17-ketosteroid levels show no consistent change and that the changes in oestrogen excretion are not striking. The first implantation of stilboestrol did not alter the level of urinary gonadotrophins, although it caused serious changes in endocrine function. After the second implantation urinary the stilboestrol had caused considerable patient the  $\beta$ -fraction of urinary 17-ketostation.

Testicular biopsy before treatment was normal, but after two implantations of

cells were very pale and showed an increase in granules, and the cytoplasm had a "ragged" appearance. The Leydig cell count before treatment was 17.5 per tubule and after treatment 7.0 per tubule.

Testicular biopsy eight weeks after the second biopsy (Figure 18) showed the following changes. Some thickening of the basement membrane was seen. In the germinal epithelium, normal spermatogenesis was absent, and most tubules were lined by Sertoli cells only. In the interstitial tissue, Leydig cells showed further reduction in number. The cytoplasm of these cells was very pale and granular. The cells were too few in number to count in relation to the tubules.

Part of this spec  
method of Schultz  
at the side of the cc  
described in animals treated with oestrogens.<sup>4</sup>

The studies performed on the second patient are shown in Table XXV. Again the 17-ketosteroid levels show no consistent change. Although a fall is seen, all readings are within normal limits, and the  $\beta$ -fraction showed no change following implantation. Urinary gonadotrophins and urinary oestrogens also showed no consistent changes. Implantation of stilboestrol caused impotence, gynecomastia and pigmentation of the nipples. Testicular biopsy after treatment showed the defective spermatogenesis with undifferentiated germinal cells. Leydig cells were normal in distribution but pale-staining and granular with ragged cytoplasm.

A third patient showed considerable hyalinization of the basement membranes and similar appearances in the Leydig cells. From this specimen one part was fixed in digitonin and stained by the method of Schultz. This showed blue staining

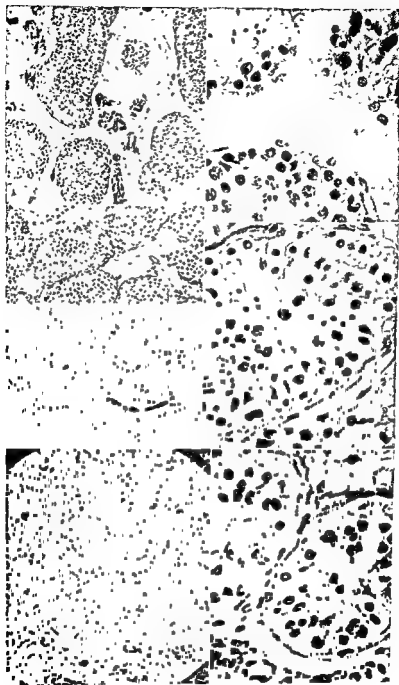


FIGURE 18

(A) and (B) The testis before

contain only Sertoli cells degeneration

The third patient, at the age of 17 years, received 1 mg of stilbestrol daily for 28 days. This treatment produced gynecomastia and impotence for a period of one month. Thereafter, normal sexual function returned. Three years later testicular biopsy gave normal findings and the Leydig cell count revealed 14 cells per tubule (Figure 19).

Such doses of oestrogen therefore produce only reversible changes. The persistent impotence in the first patient was incomplete and possibly perpetuated by psychological factors. A slight degree of gynaecomastia remained, which emphasizes the previous observation that gynaecomastia can persist to some extent long after the removal of the exciting cause (see page 31).

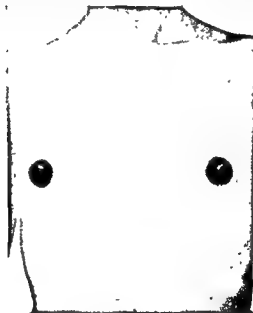


FIGURE 20  
The gynecomastia and characteristic pigmentation of the nipples following large doses of stilbestrol

Minute doses of oestrogen can cause gynecomastia. This was seen in men handling oestrogens during the manufacture of tablets.<sup>9</sup> In drug factories it has been shown that absorption through the skin or by inhalation can cause gynecomastia, and that at low concentrations some men are more resistant than others. Gynecomastia can precede or occur without pigmentation of the nipples and without impotence. This suggests that gynecomastia results from direct action upon the breasts in concentrations too small to affect the testes.

Children appear to be highly susceptible to small doses of oestrogenic substances. For example, a worker handling oestrogens in a factory where other men had been affected by gynæcomastia was not himself affected by gynæcomastia. His son, a  
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oestrogen in his hair (which was not washed at work).<sup>41</sup> Indicative also of the sensitivity of the young breast to minute amounts of oestrogen is the observation that



in Leydig cells and in that part of the Sertoli cells nearest the basement membrane, indicating the deposition of cholesterol and cholesterol esters at these sites.

In contrast to these acute cases the testis was studied in of acne.

The first patient received an implant of 200 mg. of stilboestrol at the age of 16 years. At 25 years the patient showed slight gynæcomastia and complained of impotence. Investigations revealed the following findings:

Urinary 17-ketosteroids (mg per 24 hours) 17.6; 10.0, 9.0

Urinary gonadotrophins (mouse units per 24 hours):  $>12 < 16$ ;  $>12 < 16$ ;  $>12 < 16$ .

Semen. Two counts showed  $53 \times 10^6$  and  $109 \times 10^6$  per cubic centimetre respectively and in each case motility was 2.

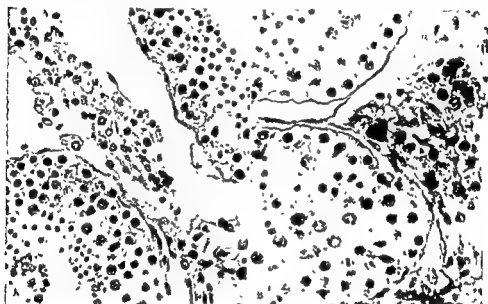


FIGURE 19

The testis following oestrogen therapy (A) High-power view showing normal tubules and interstitial tissue. The patient had received stilboestrol nine years before this biopsy was taken. (B) High-power view showing normal tubules and interstitial tissue in a patient who had received stilboestrol three years before this biopsy was taken.

Testicular biopsy gave normal findings, and the Leydig cell count was 13 cells per tubule (Figure 19).

The second patient had received an implant of 300 mg. of stilboestrol at the age of 16 years. Gynæcomastia and impotence followed, but the symptoms gradually disappeared after about six months. At the age of 27 years sexual function was normal, and no evidence of gynæcomastia was found. Investigations revealed the following findings:

Urinary 17-ketosteroids 14.4 mg/24 hours

Urinary gonadotrophins  $>16 < 24$  mouse units/24 hours.

Semen. Two counts showed  $80 \times 10^6$  and  $112 \times 10^6$  per cubic centimetre respectively, and in each case motility was 3.

Testicular biopsy gave normal findings. The Leydig cell count showed 14 cells per tubule.



TABLE XXIV.

[illegible]

remains within normal limits. The action of oestrogens upon the oestrogens affect the testis but cannot be excluded, because are semiquantitative at best, that the 17-ketosteroids output (including the  $\beta$ -fraction) remains normal is evidence against gross disturbance in adrenocortical function following oestrogen therapy. Presumably, gynecomastia following the administration of oestrogens is due to direct action upon the breast.

## ANDROGENS

Several reports of gynecomastia in men receiving methyl testosterone have appeared in the literature.<sup>10, 11</sup> At Guy's Hospital 101 patients who had received androgen therapy were examined and questioned concerning changes in the breasts during or after treatment. The patients fell into five groups.

(1) Seven patients who received testosterone under the age of 20 years for delay in the onset of puberty

(2) Thirteen patients who received testosterone after the age of 20 years for some defect in the development of secondary sexual characteristics, e.g., unbroken voice, small genitalia, poorly developed beard, delay in the onset of puberty

(3) Nine adult castrates receiving testosterone as substitution therapy.

(4) Twenty-five adults receiving androgens for eunuchoidism and infantile genitalia

(5) Forty-seven patients suffering from psychogenic impotence with no evidence of abnormal endocrine function

Among these patients, three had suffered from gynecomastia while receiving androgens. The preparations used included tablets of methyl testosterone, intramuscular injections of testosterone propionate and implants of testosterone.

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The implant provided effective substitution therapy but did not cause gynecomastia.

The second patient was aged 32 years and had suffered psychogenic impotence for five years. Physical examination, testicular biopsy and estimations of urinary 17-ketosteroid excretion and urinary gonadotrophin level all gave normal findings. The patient was given weekly injections of testosterone propionate (25 mg) for 32 weeks. At the end of this time he complained of painful breasts, and examination revealed a tender "button" of breast tissue behind the areolae. The injections were replaced by tablets of methyl testosterone (25 mg daily), and within three days the breasts returned to normal.

The third patient, aged 29 years, was also an example of psychogenic impotence of six years' duration. He had been given intramuscular injections of testosterone propionate weekly for 24 weeks and was then given methyl testosterone tablets

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of 25 mg after injections of testosterone propionate. Gynecomastia is not usually an immediate effect of androgens, but generally follows some months of intensive therapy.

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when the horses were kept in stables by

Sometimes the source of oestrogen is not obvious, and careful enquiry is needed in cases of unexplained gynæcomastia. Children, for example, may take tablets in mistake for sweets. A boy of four years was seen with gynæcomastia which resulted from the use of oestrogen tablets, for within

two weeks of stopping this treatment

TABLE XXVI  
Gynæcomastia following Oestrogen Therapy

Case Number	Age at Time of Treatment (Years)	Oestrogen and Total Dose (Mg.)	Number of Implants	Extent of Gynæcomastia during Treatment (Grade)	Duration of Transitory Gynæcomastia	Duration and Severity of Permanent Gynæcomastia
Case LIX	16	Stilboestrol 200	1	II	—	>9 years <grade I
A B	17	Stilboestrol 200	1	I	6 months	—
M B	16	Stilboestrol 200	1	I	4 months	—
Case LX	16	Stilboestrol 200	1	I	1 year	—
E C	17	Stilboestrol 200	1	I	3 months	—
J C	16	Stilboestrol 200	1	I	4 months	—
J D	16	Stilboestrol 700	4	II	9 months	—
Case LXI	21	Stilboestrol 600	3	II	10 months	—
C E	17	Stilboestrol 200	1	II	8 months	—
Case LXII	15	Estradiol 400	2	I	—	>12 years <grade I
Case LXIII	18	Stilboestrol 500	2	I	8 months	—
D I	16	Stilboestrol 700	4	I	3 months	—
J L	16	Stilboestrol 400	2	I	4 months	—
W L	15	Stilboestrol 300	2	II	4 months	—
Case LXIV	21	Stilboestrol 300	2	II	—	>6 years <grade I
G R	17	Stilboestrol 400	2	II	6 months	—
S V	18	Stilboestrol 600	2	I	4 months	—

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intense pigmentation of the nipples, which become  
pigmentation is permanent, although it may fade to  
stopped

The action of oestrogens upon the testis therefore involves quantitative and qualitative changes in the Leydig cells, together with arrest of spermatogenesis at the stage of spermatids and deposition of cholesterol in Leydig and Sertoli cells.

remains within normal limits. These findings are compatible with the view that the action of oestrogens upon the testis is a direct one. The possibility that exogenous oestrogens affect the testis by depressing the hypothalamo-pituitary axis cannot be excluded, because present methods of investigation are not sensitive enough to detect small changes in the secretion of gonadotrophic hormone.

action upon the breast.

## ANDROGENS

Several reports of gynecomastia in men receiving methyl testosterone have appeared in the literature.<sup>10, 11</sup> At Guy's Hospital 109 patients who had received androgen therapy were examined and questioned concerning changes in the breasts during or after treatment. The patients fell into five groups.

(1) Seven patients who received testosterone under the age of 20 years for delay in the onset of puberty.

(2) Thirteen patients who received testosterone after the age of 20 years for some defect in the development of secondary sexual characteristics, e.g., unbroken voice, small genitals, poorly developed beard, delay in the onset of puberty.

(3) Nine adult castrates receiving testosterone as substitution therapy.

(4) Twenty-five adults receiving androgens for eunuchoidism and infantile genitalia.

(5) Forty-seven patients suffering from psychogenic impotence with no evidence of abnormal endocrine function.

Among these patients, three had suffered from gynecomastia while receiving androgens. The preparations used included tablets of methyl testosterone, intramuscular injections of testosterone propionate and implants of testosterone.

Of the three patients showing gynecomastia, one, aged 49 years, showed breast enlargement (grade I) after taking tablets of methyl testosterone over a period of four years (25 mg. daily) as substitution therapy following surgical castration for tuberculous orchitis. The gynecomastia subsided within three days of stopping the tablets, and testosterone was given by implantation (600 mg. every six months). The implant provided effective substitution therapy but did not cause gynecomastia.

The second patient was aged 32 for five years. Physical examination showed normal secondary sexual characteristics, normal 17-ketosteroid excretion and urinary

The patient was given weekly injections of testosterone propionate (25 mg.) for 32 weeks. At the end of this time he complained of painful breasts, and examination revealed a tender "button" of breast tissue behind the areolæ. The injections were replaced by tablets of methyl testosterone (25 mg. daily), and within three days the breasts returned to normal.

The third patient had been treated with testosterone propionate for six years. Physical examination showed normal secondary sexual characteristics, normal 17-ketosteroid excretion and urinary

testosterone excretion.

tion of

From these studies it will be seen that gynecomastia is not a common complication of androgen therapy. It can occur with methyl testosterone taken by mouth or after injections of testosterone propionate. Gynecomastia is not usually an immediate effect of androgens, but generally follows some months of intensive therapy.

... of the breast as used may cause the gynæcomastia to subside.  
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 the rarity with which androgens produce gynæcomastia, the delay in its appearance and the large doses required, this view seems unlikely. Furthermore, the action of androgens upon the breast of the monkey produces changes which are unlike the picture of duct hyperplasia seen in cases of gynæcomastia (see page 24). Recent studies have shown that the body is capable of converting certain androgens to oestrogenic substances.<sup>39, 40, 41</sup> This discovery suggests an explanation for the occasional occurrence of gynæcomastia after the prolonged administration of large doses of androgen. Possibly in certain individuals the capacity to convert androgens to oestrogens may be enhanced during prolonged administration of androgens, with the result that sufficient oestrogens are produced to cause stimulation of the breast.

The three patients mentioned above were not submitted to operation on the breasts, but Dr. H. F. Khnefelter has reported that the breast in gynæcomastia following androgen therapy in one of his patients showed the typical microscopic appearance seen in other forms of gynæcomastia (see page 24).

### CHORIONIC GONADOTROPHIN

Chorionic gonadotrophin can produce a "button" of breast tissue behind the areola (see page 33), and in some instances, more severe degrees of gynæcomastia may result. Two patients at Guy's Hospital showed gynæcomastia of grade II severity following a course of chorionic gonadotrophin. One was submitted to testicular biopsy, which showed (i) Some fibrous thickening of the basement membrane (ii) Normal spermatogenesis and prominent Sertoli cells (iii) Clumps of prominent eosinophilic Leydig cells. The appearance of this biopsy suggested Leydig cell stimulation.

Maddock and Nelson<sup>13</sup> believe this form of gynæcomastia to be the result of Leydig cell stimulation, with consequent secretion of oestrogens (see page 25). Experiments in mice make it seem unlikely that chorionic gonadotrophin acts directly upon the breast (page 70), although possible contamination of this hormone by minute quantities of oestrogen should be considered, also, the action of the hormone upon the breast in man may differ from that seen in animals. Until further evidence is at hand, gynæcomastia following injections of chorionic gonadotrophin is best explained as an indirect result of Leydig stimulation which causes the secretion of oestrogens in greater concentrations than normal.

### ADRENOCORTICAL HORMONES

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 ... continued for four months the swellings became pronounced  
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Raleigh and Philipson<sup>15</sup> have reported a case of Addison's disease complicated by painful swelling of the right breast. This complication appeared after two years' treatment with DOCA and salt. The breast at autopsy showed the usual changes of gynæcomastia.

Lawrence<sup>16</sup> reported the case of a man, aged 32 years, who had been treated for diabetes mellitus by means of insulin for 20 years. At this time he developed Addison's disease, which was complicated by a typical crisis after one year. This

given conflicting results,<sup>22, 23, 24</sup> but it seems likely that this hormone acts synergistically with the stimulating effect of oestrogens upon duct growth (see page 26)

So far, no case of gynæcomastia has been reported in untreated subjects of Addison's disease or in patients treated with cortisone. Neither have DOCA and eschatin been found to cause gynæcomastia in patients subsequently shown not to be suffering from Addison's disease.

The reported cases of gynæcomastia following treatment with eschatin and DOCA occurred under such circumstances as to suggest that these drugs themselves were directly or indirectly responsible for the stimulation of the breasts and not the disease itself. It seems likely that either these drugs cause gynæcomastia by direct stimulation of the breast or that some substance formed during their metabolism is responsible for this change. Why so few patients have shown such a response cannot be explained.

### DIGITALIS

Le Winn<sup>25, 26</sup> has reported 14 cases of gynæcomastia appearing during the administration of digitalis. Among the first eight, five showed complete remission when the administration of digitalis was discontinued, and recurrence when the drug was resumed. In every case the gynæcomastia gradually lessened after several months, even though treatment with digitalis was continued. The ages of the affected patients ranged from 53 to 77 years, and the cause of cardiac failure was : cor pulmonale  
ily) was used in  
as seen between  
'egree of breast  
were examined

in two cases and showed the typical appearance of gynæcomastia

In four of seven patients the bromsulphalein test indicated some degree of impaired liver function, and in six of seven the cholesterol-ester levels were low.

It will be recalled that Morrison<sup>27</sup> showed that gynæcomastia was seen when



liver disease was severe, and was inconstant in cardiac cirrhosis. In the 14 cases described by Le Winn, cardiac failure was of recent onset and showed a good response to digitalis. The present author has encountered two examples of intense breast stimulation in post-menopausal women soon after the patients were given digoxin (0.75 mg daily). The tenderness and swelling of the breasts subsided when the drug was discontinued, and reappeared when it was resumed. Digoxin did not cause breast stimulation in these patients.

Calov and Whyte<sup>28</sup> reported a case of œdema and painful breasts as toxic effects of digitalis leaf. A woman of 49 years took tincture of digitalis and digitalis leaf for more than two years without ill effect. After a lapse of two years she again took digitalis leaf, but complained of swelling of the feet and hands, which disappeared when the drug was withdrawn. Seven years later she began taking the leaf (0.1 gramme three times a day), and after three days swelling of the legs, groins, buttocks, labia, abdominal wall, arms and breasts occurred. "The breasts were swollen, tense, tender with prominent vessels and enlarged, hard, lumpy glandular tissue." The symptoms disappeared two days after the drug was discontinued. The same effects were seen within 24 hours of resuming treatment and were so distressing that the patient stopped the tablets. Digoxin did not produce such symptoms.

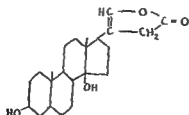
result from the direct action of œstrogens upon the cells themselves (see page 24)

The excretion of digitalis from the body has been studied by Okita and his associates,<sup>29</sup> who used purified isotopically labelled digitoxin administered intravenously. They showed that between 60% and 80% of the drug is eliminated either unchanged or as chloroform-soluble metabolites. They believe that elimination by the liver and alimentary tract plays only a small part in total excretion. It is possible that the chloroform-soluble metabolites are largely aglycones and their derivatives, which may well have undergone modification in the liver before being excreted in the urine.

The chemical similarity between the cardiac glucosides and certain steroid hormones has been considered as important in the effect of these substances upon the breast. Both substances contain the cyclopentanoperhydrophenanthrene nucleus:



The distinctive feature of the aglycone molecules of the cardiac glucosides lies in the unsaturated lactone attached to C<sub>17</sub>, e.g.



It is tempting to suggest that during the metabolism of this substance changes occur in its structure which produce some steroid hormone capable of stimulating breast tissue.

In rabbits, large and continued doses of powdered leaf or digoxin did not produce any histological change in the testis.<sup>44</sup>

One of Le Winn's cases came to autopsy, and the testis (Figure 21) showed the following changes.<sup>20</sup>

Tubules: Basement membranes are normal but spermatogenesis is defective in most tubules and may contain Sertoli cells only.

Interstitial tissue: Leydig cells are very prominent and in places form clumps or large groups.

These changes resemble those seen in other forms of gynæcomastia, but whether this is due to digitalis or to the effects of cardiac failure or to some other cause cannot at present be stated.



FIGURE 21

The testis from a patient who died of congestive cardiac failure. The patient developed gynæcomastia during treatment with digitalis. The basement membranes are normal, spermatogenesis is defective, and Leydig cells appear in large clumps.

The fact that a careful search has failed to reveal similar experiences with digitalis  
the preparation of  
se of amphetamine  
g different prepara-

Le Winn<sup>20</sup> has since discovered other examples of this curious association among patients treated by other physicians. One can only conclude that sporadic examples of gynæcomastia in digitalis therapy have previously passed unnoticed or at least unrecorded, and that minor degrees of breast development could be detected by a more spec  
and may  
not incon

It is worth noticing that gynæcomastia appears when the patient's general health has improved in a way which recalls gynæcomastia during refeeding after malnutrition. This observation must be taken into account when any explanation of this phenomenon is to be considered.

## AMPHETAMINE

Tooley and Lack<sup>31</sup> recorded cases of gynæcomastia occurring in adolescent and adult males receiving amphetamine sulphate for a variety of neurological and psychiatric disorders. One girl of nine years developed uterine bleeding during treatment with the same substance. The authors drew attention to a statement by Karnaky,<sup>32</sup> who claimed that amphetamine might cause uterine bleeding in susceptible patients.

July, 1948, and further administration of a new batch of amphetamine to patients

hyperplastic oestrogenized endometrium.

These observations suggested the action of some oestrogenic substance which could be traced to a particular batch of amphetamine. It was subsequently shown that these side effects were due to an oestrogenic impurity which was produced during the synthesis of amphetamine. During the synthesis of amphetamine, a substance

arouse interest

## RADIOACTIVE IODINE

A series of 21 males were given carrier-free radioactive iodine ( $I^{131}$ ) in doses of between 2.0 and 2.5 mc by Bauer and Goodwin.<sup>34</sup> The patients were all suffering from moderately severe thyrotoxicosis, and their ages ranged from 26 to 41 years. Six of these patients developed acne and gynæcomastia. The authors suggested that these complications might have resulted from overactivity of the pituitary as the result of the fall in circulating levels of thyroxine which followed  $I^{131}$  treatment. It was proposed that the adrenal cortex was stimulated as the result of this change in pituitary function. However, no other evidence of adrenal stimulation was seen, and although a fall in circulating thyroxine promotes an increase in the output of TSH, this causes a fall in ACTH, not a rise.<sup>42</sup> The acne could not have resulted from the action of iodide, because a carrier-free preparation was used in which the total amount of iodide would not exceed a fraction of a microgramme.

Trunnell and his colleagues<sup>35</sup> studied the distribution of  $I^{131}$  at autopsy in the bodies of patients who died after treatment with this substance. After the thyroid gland, the pituitary and then the testis were the tissues which absorbed the greatest radioactivity per unit weight. The testes showed defective spermatogenesis, which led to the presence of only Sertoli cells within the tubules. The breasts showed little evidence of  $I^{131}$  uptake.

Gorbman<sup>36</sup> showed that similar findings applied to rats given  $I^{131}$  in comparable doses. The pituitary gland showed changes similar to those seen after thyroidectomy, i.e. increase in the size of the gland and increase in the number of chromophobe cells. These findings were confirmed (also in rats) by Goldberg and Chaikoff.<sup>37</sup>

The occurrence of gynæcomastia with acne recalls the presence of these two

and consequences similar to those encountered at puberty or during the process of refeeding after malnutrition.

On the other hand, the evidence from animal experiments suggests that the effects of gonadotropins and many operate in the same way as other conditions which

source of speculation.

### RESERPINE

The drugs chlorpromazine and reserpine have recently been reported to cause breast stimulation in male and female patients<sup>43</sup>. In one patient gynecomastia was observed during reserpine therapy, the breasts returned to normal when the drug was stopped. Although these drugs influence the activity of the hypothalamus, no explanation can be offered for the occurrence of gynecomastia under these circumstances.

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## CHAPTER XIII

### GYNÆCOMASTIA ASSOCIATED WITH DISEASES OF THE CENTRAL NERVOUS SYSTEM

Certain diseases of the central nervous system may be associated with gynæcomastia, namely

- (1) Diseases of the spinal cord (a) Traumatic paraplegia. (b) Syringomyelia (c) Friedreich's ataxia.
- (2) Dystrophia myotonica.

Extensive lesions of the spinal cord appear capable of interfering with testicular function, although the mechanism of this interference is uncertain. On the other hand, the disease dystrophia myotonica is associated with a number of changes which are loosely described as "endocrine"; these changes include testicular atrophy, gynæcomastia, baldness and obesity.

#### DISEASES OF THE SPINAL CORD

##### TRAUMATIC PARAPLEGIA

In a ward of paraplegic patients Cooper<sup>1</sup> discovered that 22% were suffering from gynæcomastia. Of these, two showed raised urinary gonadotrophins, low 17-ketosteroid excretion and azoöpermia. The patients were all young men who had previously been healthy. The same worker<sup>2</sup> later studied 10 patients with gynæcomastia, of whom four showed low urinary oestrogen levels. In the more severe cases the patients showed low serum protein values and reversed albumin/globulin ratio, together with a low basal metabolic rate. The extent of these metabolic disturbances was roughly proportional to the severity of the spinal injury, but no correlation was found between the occurrence of gynæcomastia and the severity of the metabolic disturbance. Cooper and Hoen<sup>3</sup> later reported a further seven examples of gynæcomastia associated with paraplegia.

Stemmermann,<sup>4</sup> both by biopsy and at autopsy, studied the testicular histology of patients suffering from paraplegia. The germinal epithelium showed defects of varying severity, including Sertoli cells only in some tubules. The basement

membrane was intact in all cases. The number of patients was too small to indicate whether or not such obstruction was a factor, because it was apparent in some cases and not in others. Stemmermann referred to the work of Kuntz,<sup>5</sup> who cut the sympathetic nerves to the testes of 11 paraplegic patients, and found that

<sup>1</sup> *Lancet*, 1940, ii, 100.

<sup>2</sup> *Ibid.*

<sup>3</sup> *Ibid.*

<sup>4</sup> *Ann. Surg.*, 1941, 113, 102.

<sup>5</sup> Cooper and his colleagues<sup>1,3</sup> subsequently studied the metabolic changes of paraplegia in greater detail. They showed that the basal metabolic rate was a period of catabolism which is characteristic of the disease, and that the nitrogen above the level found in

associated with a fall in serum protein level and a decreased albumin/globulin ratio. Indeed, such patients may "starve" to be proportional to the severity of bolism, 17-ketosteroid excretion falls (in severe cases to less than 2 mg. in 24 hours), and both gonadotrophins and oestrogens are often absent from the urine. Liver function tests showed abnormal bromsulphalein retention in three of four patients seen within eight weeks of injury; patients seen later than eight weeks after injury did not show abnormal bromsulphalein retention. This retention of bromsulphalein was not associated with blood loss, fever, transfusion reactions, etc., and was considered by the authors to indicate some impairment of liver function.

Of 16 patients with traumatic paraplegia, four showed gynæcomastia and one complained of having suffered this symptom. All four showed testicular atrophy, and two others showed testicular atrophy without gynæcomastia. Other observers<sup>6, 7</sup> have recorded gynæcomastia in patients with traumatic paraplegia.

These observations suggest that gynæcomastia in traumatic paraplegia could be the result of two changes seen after spinal injury. In the first place, a severe disturbance in nutrition may play some part in the endocrine changes described, although no correlation has been found between the severity of the nutritional changes. The apparently not related to renutrition and a return malnutrition among prisoners of war. This point is not in favour of a nutritional cause, because gynæcomastia usually occurs during refeeding rather than during the period of starvation (see page 113). In the second place, traumatic paraplegia can produce changes in the testis which resemble those of Klinefelter's syndrome and other conditions which cause gynæcomastia. It seems likely that paraplegia causes

### FRIEDREICH'S ATAXIA AND SYRINGOMYELIA

Friedreich's ataxia is a rare disease of cystic degeneration of the spinal cord.

Disturbances of metabolism similar to those described in traumatic paraplegia were seen, and the microscopic appearance of the testis was the same. No doubt the same mechanism produces gynæcomastia in all three conditions.

### DYSTROPHIA MYOTONICA

Since 1947 a number of re-

's cells, and the testis showed changes from—extensive hyalinization of the

Howard and co-workers<sup>11</sup> describe one patient suffering from dystrophia myotonica and hypogonadism. He was in an extremely poor state of nutrition and showed neither clumping of . . . gonadotrophin levels were low. In . . . ated by Dr. H. F. Klinefelter.<sup>12</sup> . . . mastia with

TABLE XXVII  
Endocrine Studies in Dystrophia Myotonica

Author and Reference	Age (Years).	Examination of Testes	Testicular Biopsy		17-Ketosteroids	Urinary Gonadotrophins	Gynaecomastia
			Tubules	Leydig Cells			
Jacobson <i>et alii</i> <sup>14</sup> (8 patients)	23-61	Atrophy in 6	Atrophy frequent	Normal	Low	Normal in the 4 tested	Absent
Sniffen <sup>15</sup> ..	40	Atrophy	Atrophy	Clumping	Normal	High	Present
Nadler <i>et alii</i> <sup>16</sup>	56	Atrophy	Hyalinization	Clumping	Low	High	Present
Nadler <i>et alii</i> <sup>16</sup>	45	Atrophy	Hyalinization	Normal	Low	Normal	Present
Tierler and Lieenthal <sup>17</sup>	53	?	—	—	Low	Normal	Absent
Martin and Pattee <sup>12</sup>	55	Atrophy	—	—	Low	Normal	Absent
Benda and Bixby <sup>9</sup>	31	Atrophy	Hyalinization	Clumping	Low	High	Absent
Benda and Bixby <sup>9</sup>	44	Atrophy	Hyalinization	Clumping	Normal	High	Absent
Caughy and Brown <sup>13</sup>	45	Atrophy	Atrophy	Degeneration	Low	High	Absent
Caughy and Brown <sup>13</sup>	28	Atrophy	Atrophy	Degeneration	Low	High	Absent
De Court <i>et alii</i> <sup>18</sup> (5 patients)	—	Atrophy in 5	—	—	Low	—	Absent
Clark <i>et alii</i> <sup>17</sup>	26	Atrophy	Atrophy	Clumping	Low Normal	High (I C S H)	Absent
Clark <i>et alii</i> <sup>17</sup>	53	Atrophy	Atrophy	Clumping	Low Normal	High (I C S H)	Absent
Klinefelter <i>et alii</i> <sup>12</sup>	—	Atrophy	Atrophy	Clumping	Normal	High	Present
Howard <i>et alii</i> <sup>11</sup>	63	Atrophy	Sclerosis	Normal	Low	Low	Absent
Hutchinson and Longson <sup>16</sup>	19	Atrophy	—	—	Normal	Low	Absent
Hutchinson and Longson <sup>16</sup>	21	Atrophy	—	—	Low	Low	Absent
Hutchinson and Longson <sup>16</sup>	35	Atrophy	—	—	Low	Low	Absent
Hutchinson and Longson <sup>16</sup>	45	Atrophy	—	—	Low	High	Absent

persistently raised urinary gonadotrophin levels. Testicular biopsy showed the changes described in other cases, and the patient has never shown any clinical evidence of lack of androgens, testosterone in no way affected either the gynaecomastia or the dystrophia myotonica.

Other studies of endocrine changes in dystrophia myotonica include those of Jacobson and his colleagues,<sup>14</sup> who claim that 17-ketosteroid excretion is low in males,



Hutchinson and Longson<sup>16</sup> studied four men with dystrophica myotonica. All showed low 17-ketosteroid excretion and low urinary oestrogen levels (estimated by a chemical method). All had small FSH values. These workers believe three had low cell failure. One patient showed no precede Leydig low oestrogen levels, and after stimulation with large doses of chorionic gonadotrophin (3000 i.u. daily by intramuscular injection for seven days) both 17-ketosteroid and oestrogen excretion showed a significant rise. The testes in these patients were of normal size but soft consistency.

Clarke and his colleagues<sup>17</sup> studied two patients who suffered from dystrophica myotonica. The average testicular volume was  $1.0 \times 1.0 \times 1.3$  cm. The basement membrane did not show hyalinization, but Leydig cells were clumped and possibly increased in number, while urinary androgens and 17-ketosteroids were low. The authors attempted to measure FSH and ICSH separately—the latter by changes in the ventral prostate of the hypophysectomized rat. The urinary levels of FSH were normal, but excretion of ICSH was raised.

It is perhaps too early to place reliance upon the assay of ICSH excretion, but suggest that high urinary gonadotrophin rather than FSH or a mixture of the two is more in line with the idea that the Leydig cells are the primary defect.

presented the features of Klinefelter's syndrome, but gynæcomastia was absent. The chief interest in these findings lies in the occurrence of a syndrome like that of Klinefelter, which appears in adult men in association with a disease of the central nervous system. It is likely that the mechanism of gynæcomastia in dystrophica myotonica is that of high urinary gonadotrophin, and that it is less frequently with advancing age.

Grumbach and his colleagues<sup>23</sup> have reported a case of dystrophica myotonica with Klinefelter's syndrome and female chromosomal sex, while seven cases of the same disease reported by Siebenmann<sup>24</sup> showed hypogonadism and male chromosomal sex.

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## CHAPTER XIV

### GYNÆCOMASTIA ASSOCIATED WITH DISEASES OF THE LUNG

*Gynæcomastia has been reported in certain diseases of the lung, namely :*

- (1) Bronchogenic carcinoma
- (2) Pulmonary tuberculosis.<sup>7, 8</sup>
- (3) Bronchiectasis.<sup>7</sup>
- (4) Empyema<sup>7</sup>

In the case of bronchogenic carcinoma the occurrence of gynæcomastia is such as to indicate an ætiological association between the two conditions. Pulmonary tuberculosis has less claim upon a specific association with gynæcomastia, and it remains to be established that the coexistence of these two conditions is more than coincidental. In spite of isolated reports of gynæcomastia in cases of bronchiectasis and empyema, it is likely that these two diseases do not cause breast stimulation, the appearance of which is either fortuitous or at most is precipitated by an acute illness in one already predisposed to gynæcomastia from some other cause.

#### BRONCHOGENIC CARCINOMA

In 1941 del Castillo<sup>1</sup> and his colleagues reported three cases of bronchogenic carcinoma complicated by gynæcomastia and hypertrophic osteoarthropathy, and in 1944<sup>2</sup> they reported a fourth patient showing the same clinical syndrome

A man of 63 years noticed pain and swelling of his right knee, and later other  
occurred, and one year  
Loss of libido, impotence  
acutely tender and the

lost 30 pounds in weight  
androgen levels normal T  
and finally developed all the signs and symptoms of bronchogenic carcinoma

Bayliss<sup>3</sup> reported the case of a man, aged 56 years, who presented with acute "arthritis" associated with subperiosteal thickening of the bones of the limbs. Six months later he developed gynæcomastia and cough. A bronchogenic carcinoma was removed from the lower lobe of the right lung. Within 24 hours of operation the osteoarthropathy had become quite painless, and within 48 hours the gynæcomastia

Liver function tests were  
The patient was alive and  
tion to this patient, Bayliss<sup>4</sup>  
cinoma with gynæcomastia  
and osteoarthropathy and four with gynæcomastia alone. Sample and McCluskie<sup>5</sup> reported two cases of bronchogenic carcinoma, pulmonary osteoarthropathy and gynæcomastia and stated they had seen "several cases" of bronchogenic carcinoma and gynæcomastia

Fried<sup>6</sup> has suggested an endocrine basis for hypertrophic pulmonary osteoarthropathy, which he likens to certain features of acromegaly. In a man who died of bronchogenic carcinoma complicated by osteoarthropathy and gynæcomastia, Fried found an increase in the size of the pituitary gland and the thyroid, together with multiple adenomata of the adrenal glands. Another patient with bronchogenic carcinoma and osteoarthropathy showed testicular atrophy without gynæcomastia.

Among these eight published cases all showed osteoarthropathy and gynæcomastia, and their ages ranged from 41 to 63 years. The neoplasms have varied from operable peripheral growths to malignant hilar carcinomata with metastases.   
 of weight   
 r function   
 was seen

without osteoarthropathy

None of   
 that the mecl   
 remains obscl   
 details of the method of assay are not given, and some difficulties are encountered in the estimation and interpretation of urinary oestrogen levels, so that no great reliance can be placed upon this isolated observation. Furthermore, the source of   
 all endocrine studies, so   
 bronchogenic carcinoma   
 urinary oestrogens, but   
 pulmonary   
 of growth   
 he gynæco-   
 stimulation

resulting from concomitant secretion of prolactin. However, the reason for this over-activity of the pituitary gland remains unexplained, and this theory must be accepted with reservation. The speed with which the two complications of arthropathy and gynæcomastia disappeared after operation in the patient reported by Bayliss directs attention to the tumour itself as a possible source of hormones or of some substance capable of stimulating breast tissue.

A further bewildering observation has recently been reported in this connexion,

### PULMONARY TUBERCULOSIS

Osler<sup>10</sup> is said to have taught that gynæcomastia sometimes appears early in the course of pulmonary tuberculosis, and since that time gynæcomastia has occasionally been reported in patients suffering from active pulmonary tuberculosis. Wheeler *et alii*<sup>7</sup> recorded two cases, while Woodham<sup>8</sup> reported a case of pulmonary tuberculosis with testicular atrophy and gynæcomastia. However, the occurrence of gynæcomastia in pulmonary tuberculosis is so rare that it would ordinarily pass as a coincidence. One patient who showed such an association was seen at Guy's Hospital

$>24<32$  and  $>64<72$  mouse units per 24 hours. These results are within normal limits for a man of 70 years.

**Testicular Biopsy** Biopsy (Figure 22) showed normal Leydig cells, and the tubular contents varied between normal spermatogenesis on the one hand and Sertoli cells only on the other hand. Some tubules showed arrest of spermatogenesis at the stage of primary spermatocytes, but in most there was normal spermatogenesis, and in all the basement membrane was normal. This biopsy result is regarded as normal for a man of 70 years.

**Liver Function Tests** The following findings were obtained, serum protein content, 6.8 gm per 100 ml, serum albumin content, 3.2 gm per 100 ml, serum globulin content, 3.6 gm per 100 ml, albumin/globulin ratio, 0.88, serum alkaline phosphatase content, 8.6 K A units per 100 ml, thymol turbidity, 10 units, thymol flocculation, +, colloidal gold reaction, + bromsulphalein test, 100% of the dye present after 5 minutes, 5% of the dye present after 45 minutes.

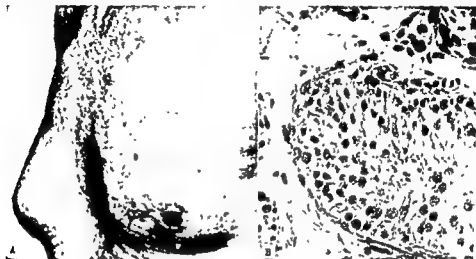


FIGURE 22

(A) Gynecomastia in a patient suffering from pulmonary tuberculosis. (B) Testicular biopsy from the same patient showing normal spermatogenesis and Leydig cells.

One month later the following findings were obtained: direct Van den Bergh reaction, negative, serum bilirubin content = 0.5 mg per 100 ml, thymol turbidity, negative, thymol flocculation, negative, colloidal gold reaction, +, serum protein content, 6.8 gm per 100 ml, serum albumin content, 3.6 gm per 100 ml, serum globulin content, 3.3 gm per 100 ml, albumin/globulin ratio, 1.1.

These investigations exclude liver failure as the cause of the gynecomastia. The thymol

increased the demand for vitamin B complex. A basal metabolic rate determination was not possible, because the patient's sputum contained acid-fast bacilli.

A water tolerance test was performed in order to exclude the possibility of a relative or absolute water deficiency. The result of the test (Table XXVIII) was almost within normal limits three days after the completion of a course of intravenous 2 cc daily, for one week (second test). The gynecomastia was unaffected by this treatment, so it was excluded as a cause of gynecomastia in this patient.

etiological factor, no other cases have been reported in which this association was

mastia (see page 42)

TABLE XXVIII

Time	Blood Pyruvate Content (Mg 100 ml)		
	First Test	Second Test	Upper Limits of Normal
Fasting	1.29	1.24	1.1
60 minutes	1.38	1.32	1.38
90 minutes	1.12	1.11	1.34

### BRONCHIECTASIS AND EMPYEMA

No good evidence has so far been reported to establish the occurrence of gynecomastia associated with bronchiectasis or empyema as anything more than a coincidence

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>24<32 and >64<72 mouse units per 24 hours. These results are within normal limits for a man of 70 years.

**Liver Function Tests.** The following findings were obtained: serum protein content, 6.8 gm per 100 ml; serum albumin content, 3.2 gm per 100 ml; serum globulin content, 3.6 gm per 100 ml; albumin/globulin ratio, 0.88; serum alkaline phosphatase content, 8.6 K A units per 100 ml; thymol turbidity, 10 units; thymol flocculation, +; colloidal gold reaction, +; bromsulphalein test, 100% of the dye present after 5 minutes, 5% of the dye present after 45 minutes.

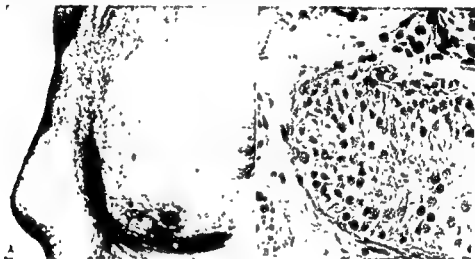


FIGURE 22

(A) Gynecomastia in a patient suffering from pulmonary tuberculosis. (B) Testicular biopsy from the same patient showing normal spermatogenesis and Leydig cells.

One month later the following findings were obtained: direct Van den Bergh reaction, negative; serum bilirubin content = 65 mg per 100 ml; thymol turbidity, negative; thymol flocculation, negative; colloidal gold reaction, +; serum protein content, 6.9 gm per 100 ml; serum albumin content, 3.3 gm per 100 ml; serum globulin content, 3.3 gm per 100 ml; albumin/globulin ratio, 1.1.

These investigations exclude liver failure as the cause of the gynecomastia. The thymol test, for example, returned to normal 14 days after the first test, four weeks later and remained during a period of four weeks. Gross disturbance of metabolism may have increased the demand for vitamin B complex. A basal metabolic rate determination was not possible because the patient's sputum contained acid fast bacilli.

to exclude the possibility of a relative or absolute test (Table XXVIII) was almost within normal after the completion of a course of intramuscular streptomycin, for one week (second test). The patient was unaffected by this treatment, so the cause of gynecomastia in this patient is not clear.

After these investigations the patient was treated with streptomycin (one gramme daily) for four weeks. After four weeks the fever subsided, the sputum showed healing of cavities, but the gynecomastia persisted unchanged for four weeks.

The endocrine component of this syndrome resembles Klinefelter's syndrome, i.e., small testes, absence of spermatogenesis, gynæcomastia and raised urinary gonadotrophin levels. However, the histological appearance of the testes was different from that of Klinefelter's syndrome. In these two patients the seminiferous tubules were small and closely packed together and did not show any evidence of degeneration.

excretion  
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prostatic

The osseous lesions in these two patients included cubitus valgus, bilateral cervical ribs and a series of deformities of the cervical vertebræ—namely, reversal of the normal lordotic cervical curve due to atlanto-occipital fusion and partial fusion of the spinous processes and posterior articulations of the second and third cervical vertebræ, moderate hypertrophy of the bodies of the fifth, sixth and seventh cervical vertebræ and diminished intervertebral spaces.

The authors suggest that the occurrence of the syndrome in brothers, the association with other congenital deformities and the occurrence of mental deficiency in other members of the family all point to the congenital origin of the testicular lesions. The wider testicular defects, both congenital and acquired, are discussed in the following section.

Roth<sup>4</sup> has reported a family of four brothers who suffered from hypogonadism.

Reifenstein<sup>5</sup> has reported an interesting Syrian family, the male members of which were affected by Klinefelter's syndrome. Five brothers were all affected, and of the three sisters one was the mother of two sons, both of whom showed the syndrome, and the second had three sons, of whom two were affected. In each case the typical syndrome was present and gynæcomastia was marked. Klinefelter's syndrome is not usually hereditary, and it would be interesting to examine the chromosomal sex of the affected members of this family.

No reports have so far appeared to indicate that prepubertal testicular failure is hereditary.

#### THE INHERITANCE OF SUSCEPTIBLE MAMMARY TISSUE

When gynæcomastia appears as an isolated symptom, it is sometimes ignored and sometimes treated with secrecy, with the result that an hereditary or familial tendency is easily overlooked. The number of patients who indicate that other members of their families showed gynæcomastia must therefore be regarded as setting a minimum to the familial occurrence of this condition.



## CHAPTER XV

### GYNÆCOMASTIA AND HEREDITY

Since gynæcomastia is a symptom or sign which appears in association with a number of diseases, familial or hereditary tendencies would be expected to bear some relationship to the familial or hereditary occurrence of the causative conditions. It is therefore a mistake to speak of the inheritance of gynæcomastia without reference to such causative conditions. It is not proposed to discuss the possible inheritance of such causative factors as cirrhosis of the liver, bronchogenic carcinoma, thyrotoxicosis etc., but to confine the discussion to two problems, namely (i) the inheritance of those forms of male hypogonadism which are commonly associated with gynæcomastia, (ii) the possible inheritance of breast tissue which may be hypersensitive to hormonal influences

#### THE INHERITANCE OF HYPOGONADISM

In 1893 Savitsky<sup>1</sup> reported the occurrence of gynæcomastia associated with hypogonadism in a number of families. However, this aspect of the subject has been somewhat neglected until Peters and his co-workers<sup>2</sup> recently described the

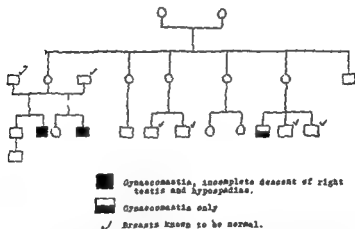


FIGURE 23

The occurrence of gynæcomastia in a family, including affected half-brothers whose fathers were unrelated

The case for maternal transmission of gynæcomastia in this family seems strong in view of the occurrence of the condition in half-brothers with unrelated fathers and the appearance of gynæcomastia in a maternal cousin (Figure 23)

Sohval and Soffer<sup>3</sup> have reported a syndrome in brothers which consists of mental deficiency, multiple congenital osseous anomalies, diabetes mellitus, some evidence of lack of androgen secretion, small testes, absence of spermatogenesis, gynæcomastia and raised urinary gonadotrophin levels. Other members of the family were mentally deficient

The endocrine component of this syndrome resembles Klinefelter's syndrome, i.e., small testes, absence of spermatogenesis, gynæcomastia and raised urinary gonadotrophin levels. However, the histological appearance of the testes was different from that of Klinefelter's syndrome. In these two patients the seminiferous tubules were of two types. The first were small, regular and close together, and did

of the changes in the basement membrane (see page 54). In addition, the Leydig  
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ed ( $>180$   
prostatic

The osseous lesions in these two patients included cubitus valgus, bilateral cervical ribs and a series of deformities of the cervical vertebrae—namely, reversal of the normal lordotic cervical curve due to atlanto-occipital fusion and partial fusion of the spinous processes and posterior articulations of the second and third cervical vertebrae, moderate hypertrophy of the bodies of the fifth, sixth and seventh cervical vertebrae and diminished intervertebral spaces.

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One patient in the Guy's Hospital series and his brother both suffered from essential gynæcomastia at the age of 16 years and involutinal gynæcomastia at the age of 52 years. A sister showed unilateral breast development at the age of nine years—three years before the onset of other signs of puberty. It is not at present possible to account for these observations, but the isolated development of breast tissue without these patients have been men gynæcomastia essential gynæcomastia and in whom the essential gynæcomastia underwent spontaneous remission.

The inheritance of hypersensitive breast tissue, although of fundamental physiology of the breast, is too complex to be. Much more information will be required before and it is to be hoped that future studies of accompanied by detailed enquiry concerning possible hereditary disturbances of breast function in members (of both sexes) of the patients' families

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## CHAPTER XVI

### THE MANAGEMENT AND TREATMENT OF GYNÆCOMASTIA

Since gynæcomastia is a symptom or sign, the treatment of this symptom is the treatment of the cause.

Neonatal gynæcomastia is common, and almost always subsides without treat-

puberty should be mentioned to the parents, who are to be encouraged to regard such a recurrence as a matter of no great importance and to expect spontaneous recovery

gynæcomastia

At puberty the most important step in the investigation of a patient with gynæcomastia is to exclude the common subareolar node, which is part of normal puberty. This condition calls for no treatment, but it is important to reassure the patient and his parents and to point out that the condition invariably disappears without treatment. Essential gynæcomastia is the next condition to be considered,

If puberty is  
disease can be  
be confirmed if  
normal limits.

Essential gynæcomastia persists once it has developed and may cause serious embarrassment to the patient. These are the considerations which determine the management of patients suffering from essential gynæcomastia, and the physician is faced with four alternatives—namely, no treatment, hormone therapy, radiotherapy and surgery.

#### NO TREATMENT

to become very importunate in their demands for some form of treatment.

This point is illustrated by a medical student of 24 years who suffered gynæco-

The father jokingly dismissed the condition, but the patient insisted upon seeking another opinion and was eventually treated surgically with complete success. It was to relieve such distress that 18 of 34 patients so affected were submitted to operation at Guy's Hospital.

In general, essential gynæcomastia does not require treatment, although such rem-  
For at least eight

constitute a period during which gynæcomastia is most distressing to the patient. It is possible that patients in whom the condition affects a brother, and has followed severe or protracted neonatal gynæcomastia, may show a spontaneous remission. In such patients a conservative policy is justified for two years. If no sign of remission has occurred during this time, surgery should be advised. The best way of assessing remission is by means of a photographic record.

not seem to regard the condition so seriously, and perhaps under these conditions watchful expectancy is justified. Parents may be more distressed than patients, although this is not easily detected with certainty during a single interview and in any case is probably an indication for surgical treatment.

### HORMONE TREATMENT

The most extensive clinical and laboratory studies in these patients have not revealed any hormonal deficiency. In view of these negative findings and also the fact that androgenic hormones may not be without harm during puberty,<sup>1</sup> there can be no rational basis for the use of such preparations as testosterone in the treatment of essential gynæcomastia. This view is supported by the possibility that androgens may cause gynæcomastia under certain circumstances (page 125).

Moreover, the empirical use of androgens has shown them to be ineffective in patients who were given testosterone for a period of six months (one patient treated by injection), and in no case has it been known at the present time that hormone therapy has no place in the treatment of essential gynæcomastia.

### RADIOTHERAPY

Deep X-ray therapy has been used in the treatment of gynæcomastia. Six patients have been reported to produce improvement, and today clinicians use it in patients where this can be of help.

### SURGERY

Paulus Ægineta,<sup>2</sup> in the seventh century A.D., was the first to recommend the surgical treatment of gynæcomastia, and described a method for removing the breast through a semicircular incision, and in more extensive cases through two incisions. He advised operation upon the grounds that the condition "bears the reproach of effeminacy." Today the indication for operation is still the same, but the technique of Paulus Ægineta should no longer be used. This operation involves total mastectomy, and leaves a large scar, which constitutes as great a source of embarrassment as the gynæcomastia itself. Dartigues,<sup>3</sup> in 1928, described an operation which

gives good results and leaves a scar which is less conspicuous than that of the old procedure.

Webster<sup>4, 5</sup> has described the operation which has revolutionized the treatment of gynæcomastia. The skin nearly always leaves a scar which is less conspicuous than that of the old procedure.

is that hæmorrhage is difficult, and hæmatoma can occur, but this complication responds to simple measures. Commander George V. Webster, formerly resident

junction of the areola and the skin of the chest wall. This operation allows the entire breast to be removed and yet leaves a scar so fine that it has been known to escape detection even on inspection of the breast and chest. When such a surgical result is at hand, the patient is at a great advantage waiting

is rarely rewarded.



FIGURE 24

The Jerome Webster operation. The patient is shown before and after operation, no scar is visible on casual inspection of the chest

At puberty, gynæcomastia due to prepubertal testicular failure and Klinefelter's syndrome may occur, and clinical examination of the testes will show that they are abnormal, while urinary gonadotrophins are raised by the time gynæcomastia develops. Testicular biopsy and chromosomal sex determination will confirm the diagnosis. Here the treatment is that appropriate to the causative condition. Prepubertal testicular failure should be treated by replacement doses of testosterone—implants of 100 mg pellets, each of 100 mg, will last up to six months. This treatment promotes the development of secondary sexual characteristics, but of course does not affect the sterility, which is complete and permanent, nor the gynæcomastia, which, however, is not usually severe. Here the question of operation upon the breasts will be decided by the extent to which the patient complains of the gynæcomastia. If this symptom appears to be distressing, operation can be advised. Some explanation of the nature of the disease and the extent to which improvement can be expected is helpful, and some such patients have married successfully.

Klinefelter's syndrome presents a different problem. The patient is to be treated as male, regardless of chromosomal sex, and neither he nor his relatives informed of the genetic sex in cases where this is female. Operative removal of breast tissue is

advisable, and testosterone has been administered as a means of encouraging the development of male secondary sexual characteristics. However, the sexual development of these patients is often adequate and not greatly improved by androgen therapy. If the secondary sexual characteristics are poorly developed and libido and erections inadequate, testosterone is to be recommended. These patients are, of course, permanently sterile, and should be informed of this. Gynæcomastia is not affected by testosterone in Klinefelter's syndrome, and the indication for surgery is the same as that in prepubertal testicular failure.

During adolescence and manhood gynæcomastia associated with testicular tumour may occur, and although this is rare, such an association is important, because gynæcomastia may be the first sign of a testicular tumour and in this way may offer the possibility of early treatment. At this time of life other testicular lesions may occur, such as testicular atrophy (unilateral or bilateral), undescended testes, varicocele etc. Other causes of gynæcomastia, such as leprosy, cirrhosis, bronchogenic carcinoma and thyrotoxicosis, occur during adult life, and in general

be considered

Adrenocortical disease is another uncommon cause of gynæcomastia in adult life, and for this reason estimation of urinary 17-ketosteroids and, where possible, 17-hydroxycorticosteroids and œstrogens, should form part of the laboratory investigations of a case of gynæcomastia.

Drugs which cause gynæcomastia do not provide diagnostic problems if this possibility is kept in mind, but when gynæcomastia remains unexplained, contact with œstrogens should be considered—especial note of the patient's occupation being advisable.

Sometimes the possibility of malignant changes supervening in cases of established gynæcomastia has been proposed as a reason for early and radical removal of the breasts in all cases of gynæcomastia. That this argument is without foundation is shown by the observation that among more than 700 recorded cases of gynæcomastia only two have been reported as the site of malignant disease. Berns<sup>7</sup> reported a carcinoma occurring in a case of gynæcomastia which eventually led to death. Edheim<sup>8</sup> described a malignant duct papilloma in a case of gynæcomastia, but the diagnosis of malignancy was purely histological. These observations indicate that the possibility of malignant change should not influence the routine treatment of gynæcomastia, but if a hard lump develops in an established case of gynæcomastia, biopsy is indicated. It should be remembered that axillary glands not infrequently become enlarged during the early stages of gynæcomastia, especially when the breasts are tender, but this does not of course indicate the presence of malignant disease.

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In men receiving œstrogen therapy for carcinoma of the prostate, it is important to bear in mind the possibility of malignant change in the enlarged breasts. It is likely that most carcinomata reported in such patients are due to metastases from the primary growth and should not be regarded as a contraindication for œstrogen therapy in carcinoma of the prostate.<sup>12</sup> Either as the result of longer survival or

because of changes in the stimulated breasts which encourage metastatic deposits to grow, secondary carcinoma has been reported in a number of cases of prostatic carcinoma receiving oestrogens. Considerable care is needed to demonstrate the nature of these tumours and enzyme studies may be required to prove that the lesion in the breast is not a primary carcinoma.

It was pointed out in Chapter IX that gynecomastia may be associated with transvestism. While the definitive treatment of this condition has yet to be established, it seems unwise at present to undertake measures designed to turn these

only to express deep regret at having submitted to this procedure—perhaps the photographer has captured this regret in Figure 24. Hamburger<sup>9, 10</sup> also mentions a patient who expressed similar feelings after such an operation.

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## SUMMARY AND CONCLUSIONS

*Gynecomastia* may be defined as enlargement of the glandular component of the breast in males. This definition is useful to the clinician and the pathologist alike, being free of contention.

Gynecomastia has been known since the days of ancient Greek medicine, but

of the normal male breast after stimulation by oestrogens

Gynæcomastia may be associated with physiological life epochs, and of these there are three—namely birth, which may be associated with neonatal gynæcomastia; puberty, which may be associated with adolescent gynæcomastia; and old age, which may be associated with senile gynæcomastia. Senile gynæcomastia is distinguished from the normal puberty, by its severity and its persistence.

Prepubertal testicular failure is frequently complicated by the presence of gynæcomastia, although the degree of breast development is usually slight and of little consequence beside the failure of sexual development. On the other hand, surgical castration before or after puberty seldom, if ever, causes gynæcomastia.

Tumours of the testis (chorionepithelioma, seminoma, interstitial cell tumour and Sertoli cell tumour) occasionally cause gynecomastia, probably due to the secretion of oestrogens by the tumour cells, except in the case of chorionepithelioma,

orchitis of unknown aetiology which leads to testicular atrophy.

Klinefelter's syndrome consists of small testes, azoospermia, raised levels of

relationship be stimulation of would not the cells could do the same, either by producing excessive quantities of androgens or of oestrogens

A histological picture resembling that of Klinefelter's syndrome is found in a number of diseases, and some of these are associated with gynecomastia—e.g., testicular atrophy secondary to traumatic or infectious orchitis; myotonic dystrophy; hypoparathyroidism; and gonadal dysgenesis.

mastia, which then becomes a sign of great diagnostic importance. For this reason urinary 17-ketosteroid and oestrogen excretion should be measured in any case of unexplained gynecomastia in an adult. Liver cell failure may be associated with gynecomastia, which is possibly due to failure of the liver cells to conjugate the oestrogens normally produced by the testis and possibly by the adrenal cortex. Cirrhosis is the most important form of liver disease to cause gynecomastia, but advanced failure of liver cells due to any cause may produce gynecomastia.

Hæmochromatosis is probably the one exception to the last statement, and it is likely that deposits of hæmosiderin interfere with the function of the adeno-hypophysis, which in turn deprives the testis of its usual gonadotrophic stimulation; in the absence of adequate gonadotrophic activity, breast stimulation does not occur.

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Bronchogenic carcinoma has been known to cause gynæcomastia, but the mechanism is quite obscure. Pulmonary tuberculosis is rarely associated with gynæcomastia.

Breast tissue shows considerable variation in its susceptibility to hormonal influences. The age at which exposure to such influences first occurs is probably significant, and in addition there is considerable variation from one individual to another in the response to a given stimulus. Even in one person the two breasts may develop asymmetrically, this difference is seen in its most extreme form in lateral hermaphroditism, in which a normal female breast develops on one side of the body in the absence of any breast development on the other side. No doubt there are local factors inherent in mammary tissue which determine these differences. Moreover, there is considerable variation in the duration of a given response following a given stimulus. Sometimes a period of breast stimulation is followed by more or less permanent gynæcomastia, which persists long after the stimulating influence has been withdrawn, at other times the breast resumes its original state after the stimulating influence has been removed. It is possible that some of these variations in the behaviour of breast tissue are genetic in origin.

Not infrequently gynæcomastia appears in patients suffering from an underlying disease not usually regarded as a cause of this symptom. Such associations are for the most part fortuitous, or the underlying disease has precipitated the gynæcomastia as the result of some non-specific mechanism which cannot at present be explained.

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Deoxy corticosterone, 26  
Diabetes, 105, 142  
    mellitus and gynæcomastia, 101  
Digitalis and gynæcomastia, 127  
    excretion of, 128  
Digitoxin, 128  
Digoxin, 128, 129  
Discharge, urethral, 78  
Disorders of sex, 98  
DOCA, 126, 127  
Drugs and gynæcomastia, 148  
Ductus deferens, 133  
Ducts, genital, 53  
Dystrophia myotonica, 62, 65, 68, 134  
    body proportions in, 136  
    chromosomal sex in, 136

## E

- Empyema, 141  
Epididymis, 48  
    tumour of, 69  
Epiphyses, 48, 54  
Eschatin, 126, 127  
Essential gynæcomastia. *See* Gynæcomastia,  
    essential  
Eunuchoid stature, 16  
Eunuchoidism, 18, 47, 48, 56, 125  
Eunuchs, gynæcomastia in, 81

## F

- Feminization 86  
Fertility, low, 58  
Fibroadenoma and gynæcomastia, 11, 22  
Follicle-stimulating hormone *See* FSH  
Friedreich's ataxia, 134  
FSH, 55, 117

## G

- Galen, 9, 11  
Germ cells, 58  
Germ plasma, 57  
Germinal epithelium, 99, 105, 108, 117, 119,  
    133  
    destruction of, 61, 66  
    in dystrophia myotonica, 136  
    in hæmochromatosis, 109  
    in malnutrition, 114  
    in oestrogen therapy, 117  
Glucocorticoids, 106  
    in hyperthyroidism, 96  
Goutre plongeant, 96  
Goldberg-Maxwell syndrome, 98  
Gonad, development of, 57  
    foetal activity of, 53  
    penetration by germ cells, 57  
Gonadotrophic hormones *See* Gonado-  
trophins

- Gonadotrophins, 25, 66  
    assay of, 17  
    pituitary, 69  
    urinary, 56, 61, 67, 68, 72, 87, 97, 119,  
        142, 143  
        in dystrophia myotonica, 135, 136  
        in hæmochromatosis, 106  
        in hyperthyroidism, 96  
        in male pseudohermaphroditism, 99  
        in malnutrition, 114, 115  
Gonia *See* Germ cells  
Growth hormone, 25, 97  
    in bronchogenic carcinoma, 139  
Gynæcomastia, 8  
Gynæcomastia, aetiology, 11, 12  
    age incidence, 12, 13  
    and acromegaly, 10, 97, 138  
    and Albright's syndrome, 100  
    and amphetamine, 130  
    and androgens, 125  
    and bronchogenic carcinoma, 138  
    and cirrhosis, 10, 104, 148  
    and Cushing's syndrome, 101  
    and diabetes mellitus, 101  
    and digitalis, 127, 128  
    and diseases of the testis, 45  
    and dystrophia myotonica, 134  
    and hepatitis, 105  
    and heredity, 142  
    and hermaphroditism, 98  
    and hormone assays, 12  
    and hyperthyroidism, 90  
    and hypopituitarism, 98  
    and lymph gland enlargement, 16  
    and male pseudohermaphroditism, 98  
    and malnutrition, 113  
    and obesity, 8  
    and oestrogens, 31, 117  
    and paraplegia, 134  
    and prostatectomy, 100  
    and puberty, 14  
    and refeeding, 113  
    and testicular lesions, 12  
    and transvestism, 99  
    and trauma, 12  
    and tuberculosis, 139  
    causes of, 29  
    clinical history in, 14  
    definition, 7, 11  
    degrees of, 15  
    diagnosis, 8  
    drugs as causative agents in, 14, 117, 148  
    essential, 33, 144, 148  
        breasts in, 34  
        family history in, 37, 38, 41  
        fertility in, 38  
        17-ketosteroids in, 38  
        natural history, 36  
        oestrogen excretion in, 38  
        oestrogens in, 41  
        spontaneous remission of, 36  
        urinary gonadotrophins in, 38  
    grades of, 15  
    histology of, 12, 14, 22, 23  
    history of, 9  
    in chromophobe adenoma, 97  
    involuntal, 42, 144, 148  
        hormone levels in, 43

Gynaecomastia — *continued*.

- neonatal, 20, 32, 37, 41
- occurrence of, 32
- operation for, 9
- past health in, 14
- photography in, 15
- treatment of, 145
  - conservative, 145
  - hormonal, 146
  - radiation, 146
  - surgical, 146

Gynecomastism, 8

Gynecomasty, 8

Gynecomazia, 8

## H

Haemochromatosis, 105, 106

Hepatitis, 105

- and malnutrition, 114

Hepatomegaly, 104

Hormone assay, methods of, 17

Hot flushes, 43, 99

Hermaphroditism, 58, 98

- true, 98

- false, *See* Pseudohermaphroditism

Herodotus, 9

Hippocrates, 9

Hyaluronic acid in breast, 24

Hydrocortisone, 26, 89

17-hydroxycorticosteroids, 96, 149

Hypercellularity, 39

Hypertension, 127

Hyperthyroidism, 65, 90, 116

- and adrenal function, 96

- and Klinefelter's syndrome, 94

- experimental, 96

- urinary oestrogens in, 95

Hypertrophic pulmonary osteoarthropathy

138

Hypogonadism, 8, 9, 25, 45

- classification of, 45, 46

- hypergonadotrophic, 46

- hypogonadotrophic, 46

Hypopituitarism, 98

Hypospadias, 142

Hypothyroidism, 97

## I

ICSH, 68, 69

- in dystrophia myotonica, 136

Impotence, 94, 96, 104, 117, 119, 120, 125

Infantilism, 18

Infertility in liver disease, 104

Insulin, 25, 108

Interstitial cells of testis *See* Leydig cellsInterstitial cell-stimulating hormone *See*

ICSH

Interstitial cell tumour *See* Leydig cell

tumour

Iodine radioactive, 130

Isoandrosterone, 75

## J

Jaundice, homologous serum, 105

## K

Kepler test in haemochromatosis, 107, 109

17-ketogenic steroids in hyperthyroidism, 96

17-ketosteroids, 26, 97, 105, 119

- assay of, 17

- $\beta$ -fraction, 76, 119, 125

- in adrenal tumour, 87

- in dystrophia myotonica, 134, 136

- in haemochromatosis, 108

- in hyperthyroidism, 96

- in liver disease, 104

- in malnutrition, 114

- in oestrogen therapy, 120

- in paraplegia, 133

Klinefelter's syndrome, 46, 47, 54, 78, 134,

136, 143, 147, 148

- and hyperthyroidism, 94

- and orchitis, 79

- and transvestism, 99

- autosomal translocation in, 69

- chromosomal sex in, 57, 58, 60, 67

- chromosomes in, 69

- clinical features, 59

- gynaecomastia in, 60

- laboratory tests in, 61

- Leydig cells in, 66

- meaning of, 67

- neutrophil leucocytes in, 69

- pathogenesis of, 57

- secondary sexual characteristics in, 59

- testicular biopsy in, 61

- testes in, 54, 56, 64, 69

- true, 68

- types of, 56, 59

## L

Leprosy, 68, 70, 148

- testis in, 65

Leprous orchitis, 76

- and Klinefelter's syndrome, 77

- Leydig cells in, 77

Leydig cells, 26, 41, 48, 53, 54, 60, 63, 65, 68,

70, 72, 73, 76, 87, 94, 105, 108, 117, 120,

126, 129, 135, 143

- clumping of, 54, 61, 62, 90

- in dystrophia myotonica, 134

- counts of, 18

- hyperplasia of, 119

- in male pseudohermaphroditism, 99

- in oestrogen therapy, 119, 124

- in paraplegia, 137

Leydig cell tumour, 72, 74

- gynaecomastia in, 73

- hormones in, 75, 76

- 17-ketosteroids in, 73

Libido, loss of, 117

- in malnutrition, 114

Liver, amyloid disease of, 105

- carcinoma of, 105

- disease and gynaecomastia, 104

- failure, diet in, 106

- function in bronchogenic carcinoma, 138

- in paraplegia, 134

- in pulmonary tuberculosis, 140

Lobules of breast, 22

Lower segment, 16

L.S., 16

Lymph glands, 16, 148

## M

Mallory bodies, 105

Malnutrition, 113

and sex function, 114

Mammary gland, hypertrophy of, 8

Mastectomy, 146

Mastitis, 11, 20

Mental deficiency, 142

Methionine, 115

17-Methyl testosterone, 25, 125

Milk, 9

Müllerian ducts, 53

Mumps, testis in, 68

Myoepithelial cells, 22

Myxoedema, 90, 97

## N

Nipples, pigmentation of, 121

## O

Obesity, 103

Oedema, 128

Oestradiol, metabolism of, 104

Oestriol metabolism of, 104

Oestrogenic impurity in amphetamine, 130

Oestrogens, 32 40 41, 43 53 55, 60, 70 76,

110, 117, 124 126 130

action on breast, 23 25

and axillary hair, 104

and gynæcomastia, 27 31

and hyaluronic acid 24

and pituitary gland, 24

assay of, 17, 106, 148

biliary excretion of, 104

conjugation of, 105

effect on pituitary gonadotrophins, 105

excretion of 26

in malnutrition 114

exogenous 125

in liver disease 105

in adrenocortical tumours 87, 88, 89

in bronchogenic carcinoma 138, 139

in carcinoma of prostate 145

in chorionepithelioma, 70

in cirrhosis, 105, 106

in Leydig cell tumours 73

in male pseudohermaphroditism 68, 99

in malnutrition, 116

inactivation of, 104

metabolism of, in liver disease, 106

occupational exposure to, 121

testicular, 73

unconjugated, 110

urinary, 39, 72, 75, 94, 95, 97 119

in bronchogenic carcinoma, 138

in hyperthyroidism, 96

(Estrone, metabolism of, 104

Orchidectomy, 100, 101

Orchitis, 71

and Klinefelter's syndrome, 76

leprosy, 76

mumps, 77

Orotectis, 57

11-Oxy-17-ketosteroids, 75

## P

Paraplegia, 30, 62, 133

Perls' stain, 108, 109

Pituitary fossa, 97

gland after 11<sup>th</sup>, 130

in malnutrition, 114

Precocious puberty, 72, 73

Pregnancy cells, 70

Pregnenediol, 32, 88

Prepubertal testicular failure. *See* Testicular

failure

Prison camps, 113

Progesterone, 25, 26

Prolactin, 25, 32, 97, 139

Prostate, carcinoma of, 55, 148

metastases to breast, 148

in cirrhosis, 106

Prostatectomy, 100

Pseudohermaphroditism, 58, 62

female, 89

male, 61, 65, 68, 69, 73

and gynæcomastia, 98

Puberty, 9, 20, 33

mastitis, 20

precocious 72, 73

Pubic hair in haemochromatosis, 108

Pyruvate tolerance test, 95, 140

## R

Reinke, crystalloids of, 72

Renutrition, 134

Reserpine, 131

Riboflavin 113

## S

Schultz method, 119

Scurvy, 114

Semen after oestrogen administration, 120

examination of, 17

Seminoma, 71

hormone excretion in, 72

Sertoli cell tumour, 76

oestrogens in, 76

Sertoli cells 54, 62 68 99 120, 124 130, 133

Sertoli-Leydig cell tumours, 76

Serum protein 133

Sex chromosomal *See* Chromosomal sex

Sex determination, 11

differentiation, 12

function in malnutrition, 114

reawakening of, 43, 114

Sexual precocity, 72

Skin sex 128

Span, 16, 18

Spermatogenesis, 26, 63, 129, 130  
 absence of, 104, 142  
 in chorionic gonadotrophin therapy, 126  
 Spleen, 108  
 oestrogen implants in, 104  
 Steroid metabolism and gynæcomastia, 128  
 Stable boys and oestrogens, 124  
 Starvation, 113  
 Stilboestrol, 117, 119, 121  
 Stress, 27, 89  
 Subareolar node, 20, 33, 34, 40, 116, 148  
 Syphilis, testis in, 65  
 Syringomyelia, 134

## T

Teratoma, 79  
 Testicular biopsy, 17  
 in hæmochromatosis, 103, 109  
 failure, prepubertal, 46, 47, 48, 147  
 aetiology, 48, 53  
 biopsy in, 48  
 chromosomal sex in, 54  
 clinical features of, 51  
 height in, 54  
 laboratory investigations in, 52  
 pathogenesis, 53  
 Testis after atomic blast, 80  
 and adrenal cortex, 54  
 atrophy of, 90, 134, 138, 148  
 in cirrhosis, 105  
 biopsy, 117, 119, 120  
 diseases of, 45  
 in dystrophia myotonica, 134, 136  
 in hæmochromatosis, 103  
 in malnutrition, 114  
 in paraplegia, 133  
 incomplete descent of, 142  
 radiation of, 79, 105  
 and gynæcomastia, 80  
 sarcoma of, 69  
 senile atrophy of, 65  
 small, 142  
 traumatic lesions of, 81  
 tumours of, 69  
 undescended, 53, 63, 81, 148  
 Leydig cells in, 66  
 unilateral lesions of, 81, 82  
 Testosterone, 27, 55, 108, 110, 125, 148  
 Thorn test, 107, 108, 109  
 Thyroid gland, accessory, 90  
 benign metastases, 96  
 ectopic, 96  
 hormone, 27

Thyrototoxicosis *See* Hyperthyroidism  
 Thyroxine, 130  
 Transvestism, 119, 149  
 and gynæcomastia, 99  
 in Klinefelter's syndrome, 99  
 Trauma, 12, 81  
 Tall, 130  
 Tuberculosis, 116, 139  
 testis in, 65  
 Tubules, ghost, 143  
 testicular, atrophy of, 65  
 Turner's syndrome, 53

## U

Ulcerative colitis, 106  
 Upper segment, 16  
 U.S., 16

## V

Vagina and oestrogens, 104  
 Vagotomy in bronchogenic carcinoma, 139  
 Varicocele, 148  
 Vas deferens, 100  
 ligation of, 100  
 Vas efferens, 49  
 Vitamin B, 95, 140  
 deficiency of, 115  
 Von Basedow, 10, 90

## W

Wasting diseases and gynæcomastia, 116  
 Webster operation, 146  
 Witches' milk, 20, 22  
 Wolffian duct, 48, 53

## X

"X" hormone, 55

## Z

Zona fasciculata in hyperthyroidism, 96  
 reticularis in hyperthyroidism, 96  
 Zygote, 58

L.S., 16

Lymph glands, 16, 148

## M

Mallory bodies, 105

Malnutrition, 113

and sex function, 114

Mammary gland, hypertrophy of, 8

Mastectomy, 146

Mastitis, 11, 20

Mental deficiency, 142

Methionine, 115

17-Methyl testosterone, 25, 125

Milk, 9

Müllerian ducts, 53

Mumps, testis in, 68

Myoepithelial cells, 22

Myxoedema, 90, 97

## N

Nipples, pigmentation of, 121

## O

Obesity, 105

Oedema, 128

Oestradiol, metabolism of, 104

Oestriol, metabolism of, 104

Oestrogen impurity in amphetamine, 130

Oestrogens, 32, 40, 41, 43, 53, 55, 69, 70, 76,

110, 117, 124, 126, 130

action on breast, 23, 25

and axillary hair, 104

and gynecomastia, 27, 31

and hyaluronic acid, 24

and pituitary gland, 24

assay of, 17, 106, 148

biliary excretion of, 104

conjugation of, 105

effect on pituitary gonadotrophins, 105

excretion of, 26

in malnutrition, 114

exogenous, 125

in liver disease, 105

in adrenocortical tumours, 87, 88, 89

in bronchogenic carcinoma, 138, 139

in carcinoma of prostate, 148

in chorionepithelioma, 70

in cirrhosis, 105, 106

in Leydig cell tumour, 73

in male pseudohermaphroditism, 68, 99

in malnutrition, 116

inactivation of, 104

metabolism of, in liver disease, 106

occupational exposure to, 121

testicular, 73

unconjugated, 110

urinary, 39, 72, 75, 94, 95, 97, 110

in bronchogenic carcinoma, 138

in hyperthyroidism, 96

Oestrone, metabolism of, 104

Orchidectomy, 100, 101

Orchitis, 71

and Klinefelter's syndrome, 76

leprosy, 76

mumps, 77

Ovotestis, 57

11-Ox-17-ketosteroids, 75

## P

Paraplegia, 30, 62, 133

Perls' stain, 108, 109

Pituitary fossa, 97

gland after 114, 130

in malnutrition, 114

Precocious puberty, 72, 73

Pregnancy cells, 70

Pregnanediol, 32, 88

Prepubertal testicular failure *See* Testicular

failure

Prison camps, 113

Progesterone, 25, 26

Prolactin, 25, 32, 97, 139

Prostate, carcinoma of, 55, 148

metastases to breast, 148

in cirrhosis, 106

Prostatectomy, 100

Pseudohermaphroditism, 58, 62

female, 89

male, 61, 65, 68, 69, 73

and gynecomastia, 98

Puberty, 9, 10, 33

mastitis, 20

precocious, 72, 73

Pubic hair in haemochromatosis, 108

Pyruvate tolerance test, 95, 140

## R

Reinke crystalloids of, 72

Renutrition, 134

Reserpine, 131

Riboflavine, 113

## S

Schultz method, 119

Scarvy, 114

Semen after oestrogen administration, 120

examination of, 17

Seminoma, 71

hormone excretion in, 72

Sertoli cell tumour, 76

retrogers in, 76

Sertoli cells, 54, 62, 68, 99, 120, 124, 130, 133

Sertoli-Leydig cell tumours, 76

Serum protein, 133

Sex chromosomal *See* Chromosomal sex

Sex determination, 11

differentiation, 12

function in malnutrition, 114

reawakening of, 43, 114

Sexual precocity, 72

Skin, sex, 128

Span, 16, 18

Spermatogenesis, 26, 63, 129, 130  
 absence of, 104, 142  
 in chorionic gonadotrophin therapy, 126  
 Spleen, 108  
     oestrogen implants in, 104  
 Steroid metabolism and gynecomastia, 128  
 Stable boys and oestrogens, 124  
 Starvation, 113  
 Stilboestrol, 117, 119, 121  
 Stress, 27, 89  
 Subareolar node, 20, 33, 34, 40, 116, 148  
 Syphilis, testis in, 63  
 Syringomyelia, 134

T

Teratoma, 79  
 Testicular biopsy, 17  
     in haemochromatosis, 108, 109  
     failure, prepubertal 46, 47, 48, 147  
         aetiology, 48, 53  
         biopsy in, 48  
         chromosomal sex in, 54  
         clinical features of, 51  
         height in, 54  
         laboratory investigations in, 52  
         pathogenesis, 53  
 Testis after atomic blast, 80  
     and adrenal cortex, 54  
     atrophy of, 90, 134, 139, 149  
         in cirrhosis, 105  
     biopsy, 117, 119, 120  
     diseases of, 45  
     in dystrophia myotonica, 134, 136  
     in haemochromatosis, 108  
     in malnutrition, 114  
     in paraplegia, 133  
     incomplete descent of, 142  
     radiation of, 79, 105  
         and gynecomastia, 80  
     sarcoma of, 69  
     senile atrophy of, 65  
     small, 142  
     traumatic lesions of, 81  
     tumours of, 69  
     undescended, 53, 63, 81, 148  
         Leydig cells in, 66  
     unilateral lesions of, 81, 82  
 Testosterone, 27, 55, 108, 110, 125, 148  
 Thorn test, 107, 108, 109  
 Thyroid gland accessory, 90  
     benign metastases, 96  
     ectopic, 96  
     hormone, 27

Thyrotoxicosis *See* Hyperthyroidism  
 Thyroxine, 130  
 Transvestism, 119, 149  
     and gynecomastia, 99  
     in Klinefelter's syndrome, 99  
 Trauma, 12, 81  
 TSH, 130  
 Tuberculosis, 116, 139  
     testis in, 65  
 Tubules, ghost, 143  
     testicular, atrophy of, 65  
 Turner's syndrome, 53

U

Ulcerative colitis, 106  
 Upper segment, 16  
 U.S., 16

V

Vagina and oestrogens, 104  
 Vagotomy in bronchogenic carcinoma, 139  
 Varicocele, 148  
 Vas deferens, 100  
     ligation of, 100  
 Vas efferens, 49  
 Vitamin B, 95, 140  
     deficiency of, 115  
 Von Basedow, 10, 90

W

Wasting diseases and gynecomastia, 116  
 Webster operation, 146  
 Witches' milk, 20, 12  
 Wolffian duct, 48, 53

X

"X" hormone, 55

Z

Zona fasciculata in hyperthyroidism, 96  
     reticularis in hyperthyroidism, 96  
 Ziegler, 28





